

ACP Jr. High Track 2016-17

Welcome to the 2016-17 ACP Track and Field Team! This packet provides athletes and parents with information about practice times, team expectations, a competition schedule and parent volunteer opportunities. Please read the following information with your student athlete, *sign the attached yellow agreement, and return the agreement to the coaches by Thursday, March 9.*

Athletic fees will be paid through Infinite Campus and athletic clearance needs to be turned into Mrs. Perry by **March 31st** to participate.

Coaches:

Diane Loff – Loff.Diane@cusd80.com

Douglas Mitchell – Mitchell.Douglas@cusd80.com

Practice Schedule:

Please see attached calendar for practice and meet schedule.

Given the large amount of participants and a limited number of track meets a commitment for the next 7 weeks is essential! All practices are *mandatory*! Practices will take place in the mornings starting at **6:00am** sharp.

Attendance policy:

1. Roll will be taken at every practice.
2. Unexcused absences – Coaches reserve the right to sit out the student athlete at the next meet. After 3 unexcused absences the student athlete will be dismissed from the team.
3. Excused absences – The athlete must notify a coach by phone or preferably by email before the absence occurs. The coach's contact information is on the school website and the schedule.

Athlete Pick up:

Please be sure to pick up your student athlete within 15 minutes of the meet's end or bus arrival time on race days. If you attend an away meet your student athlete may ride home with you. There will be a parent sign-out sheet at each away meet. Parents must sign out their student athlete. In order for a student athlete to ride home with a teammate's parent s/he must have a signed permission note from his/her parent prior to the meet.

Grades:

Student athletes with a 'D or F' on the grade will be ineligible for the following week's competition. In order to be eligible the student athlete must present a dated printout showing he/she is passing all classes. The student athlete is still required to attend practices even if ineligible for competition.

Behavior

Student athletes, as a member of the ACP Track Team your behavior is a reflection of not only you, but our team and ACP. Behavior must follow the school expectations outlined in the student handbook. Disrespectful behavior may result in dismissal from practice or the team. This applies to the track as well as the classroom. Student athlete's behavior in the classroom, on campus, and during Track activities can effect participation at the coaches and Athletic Director discretion.

Guidelines:

1. Student athletes must be on time and prepared for practice.
2. Student athletes need to **bring water to practice** and drink plenty of water throughout the day.
3. Dress appropriately for practices. Wear lightweight workout cloths and proper running shoes.
4. Due to the number of student athletes, every effort will be made to include all student athletes in at least 1 event in every meet. EVC rules limit the number of participants in each event except the 800m and 1600m runs.
5. All student athletes and parents will follow the Victory With Honors code of conduct.
6. All student athletes must possess a positive attitude.
7. All student athletes must do their best at practice, as well as meets.
8. All student athletes must show Respect and Responsibility for themselves, coaches, teammates, and opponents at all times.

Track Meet Events:

Long jump, High jump, Shot Put, Discus, 75m Hurdles, 100m Dash, 200m Dash, 400m Run, 800m Run, 1600m Run, 400m Relay, and 1600m Relay.

(Relay teams will be determined by the coaches.)

Parent Involvement:

There are many ways that you can help support our Track Team. First, we hope that you can attend the meets and encourage our runners. Positive motivation during a meet can make a significant difference. You can also help our team by volunteering at our home meets (at CHS). We may need help timing, measuring events, and assisting in meet organization. No experience necessary! If you would like to sign up to volunteer please indicate on the form below or contact Coach Loff or Coach Mitchell. We appreciate the dedication you show to help the student athletes have a positive and successful season. Thank you for your support and please feel free to contact us if you have any questions or concerns.

Most important enjoy the season! We are looking forward to a positive and successful 2016-17 Track Season!

2016-17 ACP Track Signature Form
Please return to coaches by Thursday, March 9.

DATE: _____

STUDENT ATHLETE'S NAME: _____ **GRADE:** _____

Rank any events you're interested in, one being the highest:

- ___ **Long Jump**
- ___ **High Jump**
- ___ **Shot Put**
- ___ **Discus**
- ___ **Hurdles**
- ___ **100m**
- ___ **200m**
- ___ **400m**
- ___ **800m**
- ___ **1600m**
- ___ **400m Relay**
- ___ **1600 Relay**

Expectation agreement statement:

_____ and _____
(print student athlete's name) (print parent/guardian's name)

have read, understand, and agree to the fore mentioned team rules and guidelines. I understand that any missed practices must be made up (excused and unexcused) before participation in the next meet.

_____ and _____
(student athlete's signature) (parent/guardian's signature)

Volunteers may be needed for track meets. No experience necessary! If you would be able to help, please print your name below and provide your contact information. Thanks in advance for your help!

_____ (print volunteer's name) _____ (telephone number)
_____ (email address)

Please check if you will be available to help.

I have experience with (circle all that apply): shot put, discuss, high jump, long jump, timing runners