

MAHONE TRACK TEAM GENERAL INFORMATION

1. Track practice will begin **Monday, March 19th**. Practices will run from **4:00-6:00 p.m.** Monday through Friday. **PLEASE PLAN TO PICK UP YOUR CHILD IN A TIMELY MANNER.**
2. Prior to the first practice, all members must have an up to date physical to participate in any practices or meets. This physical must be filled out by a physician and will need to be on file in the office. Any physical dated before **April 1, 2016** is no longer valid.
3. Before practice starts on March 19 students must have paid a \$50 user fee (\$100 cap per student per year) and completed all paperwork. Please read, sign, and turn in to the office the Athletic Code of Conduct, the notification of Risk of Injury, Concussion Form, and the Emergency Card. **All forms are available on the Mahone website and due by March 9.**
4. Uniforms will consist of a track t-shirt and shorts; sweatpants and sweatshirt are optional. Uniforms are mandatory. All of these will be similar to the previous seasons. If you need a uniform, or need to replace part of a uniform, please turn in the uniform order form and money by **Friday, March 23rd**.
5. To remain on the track team, all athletes must demonstrate effort and improvement. Athletes who are not trying to get better may be dismissed from the team.
6. It is expected that all track members stay at our meets for the entire track meet. We are a team, and we need everyone there at the end cheering and supporting each other. We will also sometimes need unexpected substitutes for events.
7. Athletes need to bring warm clothes (winter hats, gloves, sweatshirts and jackets) to practice and meets. Weather in Wisconsin is always changing in the Spring, and cold muscles could result in injuries.

MAHONE TRACK AND FIELD EXPECTATIONS

1. Middle School Track is an instructional and competitive sport. Athletes will be coached in best practices for training and competing. Athletes are expected to put maximum effort into training and competing. Athletes not participating with maximum effort may be dismissed from the team.
2. All athletes must have a written note, signed by a parent/guardian, prior to the day of an arranged absence. If a student should leave school due to an illness or be absent from school, please bring a parent note the following day.
3. All athletes must attend a full day of school the day of a track meet. If you have an appointment the day of a meet, you will be allowed to participate in the meet.
4. All athletes must be at the practice prior to the day of the meet in order to participate in the meet. This is to ensure safety of all the participants.
5. All athletes must be receiving a grade of a C or higher in all classes to participate. Any athlete who has one or more D or F grades will not be able to compete with the team until the grades are a C or higher. Grades will be checked each week by the coaches.
6. Any conduct considered detrimental to the team will result in either suspension or dismissal from the team.
7. All athletes must realize that just because they are on the team does not guarantee them a spot in the meet. Only students who work hard, attend practice every day, have good grades, and behave well in school will be competing in the meets. If you are not able to do the workouts in practice, we feel you are not in shape to compete in the meets.
- 8. All athletes are expected to attend practice every day.**

2018 Track Information

This packet contains both information about the 2018 Track season and forms that must be filled out so that your son/daughter will be allowed to participate. All forms are available on the Mahone website or in the Main Office.

Forms and Fees to Return:

1. _____ Code of Conduct
2. _____ Risk of Injury Form
3. _____ Emergency Card
4. _____ Concussion Form
5. _____ Athletic User Fee of \$50.00 (\$100 maximum per year)
6. _____ Uniform Order Form and Payment
7. _____ Mahone Athletic Try-out Form

Physical:

8. _____ To participate in track, each student must have a current physical on file in the school office before being allowed to practice.

Volunteering:

9. _____ If you are interested in volunteering to coach an event or help out during a meet, please let us know. **We are always in need of parents willing to help - especially at meets.** Please contact one of the coaches if you are interested in volunteering.

Return:

All forms and money should be returned to **THE MAIN OFFICE** by **FRIDAY, MARCH 9th**. The first practice of the season will take place Monday, March 19th. No athlete will be allowed to participate in practice or meets without all forms completed, fees paid, and an up to date physical. If you have any questions, contact us by phone or email. Thanks! We look forward to another great season!

HEAD COACH RON PETERSON (359-8171) rpeterso@kUSD.edu

COACH ROB VAN DYKE (359-8165) rvandyke@kUSD.edu

COACH CHRISTINE THORSON (359-8195) cthorsen@kUSD.edu

