

Roosevelt Middle School Track & Field

Welcome to Roosevelt Middle School Track and Field! Our goals this season are to have success, fun, and participation in the District meet.

The coaching staff strongly feels this year's Track and Field team has the potential for a very rewarding season. We're well aware of the level of commitment we're asking of you and how it could affect your academics. It will be important for you to balance your social life and homework life, making sure you keep all of your grades above a N1. If you are failing a class, you **MUST** raise your grade before attending practice. We, as coaches, feel that athletics are important; however, you must have grades to participate!

ATTENDANCE & ABSENCES

You are expected to be at **EVERY** practice. Prearranged absences are acceptable if we, as coaches, know in advance. You may only miss **ONE** practice (that is excused absence) per week. We will consider your situation on an individual basis. More than **ONE** absence (for any reason) disqualifies you from that week's meet. Unexcused absences (skipping or ditching practice) will automatically disqualify you from that week of practice and meet. After **THREE** unexcused absences you will be off the team. Please see me for unique scheduling concerns.

Some examples of excused absences are: doctor or dentist appointments, religious school, music lesson, and academic make-up sessions (for which a note is required from the teacher). Illnesses do happen; however, if **TWO** practices in **ONE** week are missed due to sickness, you will be unable to compete in the Thursday's meet.

We expect you to be at **ALL** practices to ensure your proper development for the events in which you are training to compete. This helps assure adequate training, injury reduction, and emotional preparedness for competition. Therefore, diligence during practice is expected. Any team member not putting forth effort or not following instructions will be dismissed from practice for the day. If there happens to be a second dismissal, a phone call home and notifying your advisor will be placed. A third dismissal results in expulsion from the team.

PRACTICE INFORMATION

Every coach is here to help you become a better athlete. We make the same time and energy commitment that is expected of you. Together we will **ALL** achieve our goals because we are a **TEAM**. Thus, practices (through the four practice meets) will be designed to introduce every participant to the full range of events available. Having fun and succeeding in what you do is easy, starting with attitude and hard work is where we will begin.

Practices are Monday through Thursday 3/16-3/19. After Spring Break, practices are Monday, Tuesday, and Wednesday with a meet every Thursday for **SIX** weeks. Transportation for away meets will be provided. (Please see the calendar for further information and planning.)

Starting sharply at 3:30 in the D-Hall Gym and ending no later than 5 o'clock, practice will begin with the blow of a whistle and roll call. You are expected to be on time. After taking attendance, we will start every practice with a group warm up of basic movement and flexibility exercises, followed by a run/jog of at least 800-1000 meters. The main reason for a group warm-up exercises is to prevent injuries and build team unity. We do not want to see anyone get hurt! Therefore, take the warm-up and flexibility exercises seriously. Work on stretching properly to avoid a short season. At any time, if you have a concern, question or problem don't hesitate to ask any of us coaches for help—especially concerning an injury!

Once properly warmed up, you will be going into smaller groups to work on specific events. All practices will consist of drills and techniques, hard work, and fun. Depending on the day, it will determine your workout, level of intensity, and what events you will be practicing. Mondays will always be the most difficult workout, but the most important one to give your best. You will want to work your primary and secondary events, the events you plan on trying in the upcoming meet. Tuesdays are NOT meant to be as difficult as Mondays; they are to be at a moderate level where you will again work on your primary and secondary events. Wednesdays, will normally be a run through day of the events you are going to compete in and also a signup day for Thursday's meet.

BEHAVIOR EXPECTATIONS

All students are expected to remain at practice until released by a coach. Also, at practices, meets, and during your school days, you are required to follow the Roosevelt's guidelines and expectations of appropriate behavior. Failure to do so will result in a loss of participation for that week's Track and Field meet. Repeatedly inappropriate behavior or attitude, bullying or harassment will result in an immediate suspension and/or possible dismissal from the team.

FINAL THOUGHTS

You will perform in the meets as well as you practiced that week. Good practice equals Good performance. Consistency is the key. Though, we don't have practices on Friday, Saturday, or Sunday, it's not a bad idea to do something easy if you're sore from practices or meets. Activities like, riding a bike, going for a swim, a hike, or even walking a dog will help decrease your discomfort and aid muscle recovery/growth. Another thing to help you with your season is to set goals for yourself each week. Keep pushing yourself and try to improve weekly.

Finally, please take the time to sit down with your parents and discuss the content of this letter. Do not take this commitment lightly. If you need further clarification please come see me. Once you and your parents feel comfortable committing to the team's expectations, **please complete the necessary paperwork before the first week of practice.**

See you on the track and field,

Coach C.,Morgan Christensen

TRACK & FIELD SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

March 16 Practice Begins (FORMS Must be on file to practice)	17 <u>TRACK & FIELD</u> <u>EVENTS FOR</u>	18 <u>TESTING ALL</u> <u>PLACEMENT</u>	M/E 19 <i>PRIMARY &</i> <i>SECONDARY</i> <i>EVENTS</i>
23 Spring	24 Break	25 For the _____	26 Week_____
30 No School	D 31	M April 1	D 2 Practice—NO Meet!
D 6	M 7	E 8 Sign up for EVENTS	10 4:30 RMS/Kelly @ NEHS
D 13	M 14	E 15 Sign up for EVENTS	16 4:30 Host Meet Monroe/RMS @ SEHS
D 20	M 21	E 22 Sign up for EVENTS	23 4:30 Host Meet ATA/RMS @SEHS
D 27	M 28	E 29	30 4:30 RMS/Spencer Butte @ SEHS
D/M May 4	M 5	E 6	7 4:30 Sub District Track & Field Meet @ CHS 1:00 Field 3:30Running
M 11	M/E 12	E/Short Practice 13	14 District Meet @ Hayward—12:30 Field 3:30 Running
Turn in Jersey 18	19	Award Night 20	

AWARD NIGHT WEDNESDAY 4/20—5:00/D-Gym

Monday

Difficult Level

Primary/Secondary

Tuesday

Moderate Level

Primary/Secondary

Wednesday

Easy Level

Prep for Events

Thursday Meets

Give your BEST

EFFORT!

ROOSEVELT MIDDLE SCHOOL TRACK & FIELD

GENERAL INFORMATION

Practices Mon-Wed @ 3:30-5:00
Location: South Track

Meets Thursdays @ 4:30-7:00
Location: Check Calendar

The following events occur at every Track and Field meet. Field Events are the first to start and require a check in. Every person that comes out and practices will be able to compete. However, there are certain limitations to the number of people in some events.

FIELD EVENTS

If you do both running and field events, and they are going at the same time, check in with your field event first and come back to it after your race.

High Jump Starting height to make—TWO misses allowed at each height
Long Jump Run through—THREE jumps and your best is recorded
Shot Put Warm-up throws—THREE throws and your best is recorded
Discus Warm-up tosses—THREE throws and your best is recorded

TRACK EVENTS & ORDER

80 meter Hurdles Sprint/Short—Jumping
1500 meter Long Distance
100 meter Sprint/Short
400 meter Mid Distance
200 meter Sprint/Short
800 meter Mid Distance/Long
4 X 100 meter relay (FOUR people run a total of 100m each equaling 400m)

EVENT SCENARIO

You will be allowed and encouraged to compete in THREE events at every meet—either TWO running events and ONE field event or TWO field events and ONE running event. (The 4 X 100m relay is not included in the event maximum) Some times, people just do field events or running events. We encourage you to try numerous events!

TWO running events ONE - Field Events and Relay (The TWO runs can be any combination except the 800-1500.)

ONE running event - TWO Field Events and Relay

TWO Field Events and Relay

SUB AND DISTRICT INFORMATION

You may not receive your first choice of event for the Sub District Meet; therefore, it is helpful if you are will to compete in numerous events. Based on how you perform in the Sub District Meet will determine placement for the District Meet.

As coaches, one of our goals is get everyone to participate in the District Meet at Hayward on Thursday, May 14, 2009. We will fill you into an event(s) based on your performances and availability (with the exception of relay teams, which will be determined by run offs).

RUNNING EVENTS

Each school can enter TWO participants in each Sprint race. (80m., 100m., 200m., 400m.,) Top FOUR qualify for the District Meet in each event. (open lanes are drawn for)

Each school can enter TWO relay teams. Every school enters ONE relay team at the District Meet (open position are drawn for)

Each school can enter FOUR participants in the Field Events. (open positions are drawn for)

Each school can enter FOUR participants in the 800 and 1500. (open positions are drawn for)

FIELD EVENTS

High Jump THREE attempts (sometimes only TWO)

Long Jump THREE attempts (sometimes only TWO)

Discus THREE attempts (sometimes only TWO)

Shot THREE attempts (sometimes only TWO)

Contact Information

Email: christen_mo@4j.lane.edu

Phone 687-3227 (any time)

Office Hours 3:00-3:15 Odd days

Location: D6, D & B Gyms

ROOSEVELT MIDDLE SCHOOL TRACK & FIELD

FORM INFORMATION

PERMISSION FORM: This form is required each year in order to participate in Track & Field. It explains the 4j School District's Athletic Team Rules.

ANNUAL INTERVAL HISTORY FORM: This form is required each year. This form has a space to write what type of Medical Insurance you carry, who to call and other information that is helpful to know. If you do not have insurance, a low-cost policy is available for the season.

PHYSICAL EXAMINATION FORMS: State law requires that students renew physicals every TWO years when athletic participation is involved. The two years are defined as calendar years. Therefore, if the last physical, done and on record at school, expires before the season begins, i.e. March 16, a new one is needed. Records are to be on file at school at the beginning of the practice, March 16. If you have a physical scheduled after the start of practice, we can allow a delay until the first meet. If you have need of a low-cost physical, this can be arranged at the South Eugene High School Clinic.

TRACK & FIELD ATHLETIC CONTRACT FORM: The Track & Field Athletic Form is to be filled out every year. This contract commits athletes to keeping grades above passing and behaving appropriately at school, practices, and meets by following the District's rules and Roosevelt's expectations. It also encourages athletes to give their best effort and attitude at all times.

PARENT SUPPORT FORM: This form provides the information on how to get involved in the season, the Track & Field Awards, and meet support.

SCHEDULE FORM: This form provides the opportunity to notify the coaches of any known possible conflicts.

FEE REQUIRMENTS: The fee for participation is \$50.00. If you cannot afford that amount, contact the school for a reduced-fee form. NO CHILD will be denied participation due to financial reasons.

TRACK & FIELD FUND: This fee is a donation for the RMS Track & Field program. Money collected will go toward supplies, jerseys, t-shirts, and the Awards night. There is a sliding scale starting at \$5.00 on up to your budget.

****These forms are in the packet as well as online to print and return.***

ROOSEVELT MIDDLE SCHOOL TRACK & FIELD

PARENT SUPPORT INFORMATION

VOLUNTEERS

Volunteers are always needed. Roosevelt will be hosting TWO meets on April 16 and 23. Your help would be greatly appreciated. Also, For the Sub District meet on May 7 and District Meet on May 14, we could always use volunteers. We shall need TIMERS, PLACE PICKERS, LONG JUMP OFFICIALS, HIGH JUMP OFFICIALS, and SCORE KEEPERS. Instructions will be provided. If you can donate your time for any of these days, please mark the Parent Support Form as needed.

COORDINATOR

We are looking for a RMS Track & Field Coordinator. Duties would include, organizing parent support for meets and helping with the RMS Track & Field Awards Night on Wednesday, May 20 at 5:00 in the D Gym. There will be drinks, and desserts served after the awards in the cafeteria. Please indicate if you would be interested in being a Track and Field Coordinator by email christen_mo@4j.lane.edu or phone at 687-3227.

HOW TO GET INVOLVED

We are always looking for extra coaches. The more coaches we have, the more specialized coaching we can provide. If you would like to donate your time and work with some athletes, email me your area of interests or call. If you can only make it on certain days, we are flexible when it comes to additional help.

HELP PREVENT INJURIES

Please consider the following three guidelines this season.

1. **Shoes:** Athletes should train in shoes made for running. Track Spikes are only recommended if you are willing to buy a second pair of shoes. Training in spikes (or basketball shoes for that matter) is only inviting injury.
2. **Clothing:** Athletes should be prepared to practice in any weather. Dressing in layers makes best sense for Oregon track season. I recommend changing into dry clothes directly after a workout or competition. You will be less likely to catch a chill or cold.
3. **Aches & Pains:** Athletes should learn to listen to their body. Rest, good nutrition and hydration before, during, and after workouts are vital to recovery. Icing, compressing and elevating any aches or pains pre and post workouts/competitions will take care of most minor problems. Communication among athletes, coaches, and parents is of the best ways to avoid injury.

ROOSEVELT MIDDLE SCHOOL TRACK & FIELD

PERMISSION FORM

Dear Parents or Guardians:

There are EIGHT areas of paperwork to date, initial, and file a week before March 16, 2009 in order to participate in the Track & Field season. They are coordinated by color. Please review the checklist below and fill in the appropriate information as requested.

1. **Permission Form** (must be provided before or on the first day of practice)
*White sheet (this sheet)
2. **Annual Interval History Form** (must be provided before or on the first)
*Green sheet (day of practice)
3. **Physical Examination Form** (required every TWO years)
* Pink sheet
4. **Track & Field Member Contract Form** (required every year)
*Purple sheet
5. **Parent Support Form** (required every year)
*Blue sheet
6. **Schedule Conflict Form** (required info prior to known dates of conflict)
*Orange sheet
7. **Participation Fee** (\$50.00 district fee)

--The next FEE is OPTIONAL
8. **Track & Field Fund** (This is a donation for supplies, jerseys, t-shirts, and the awards night. There is a Sliding scale starting at \$5.00 on up to your budget.)

I have read the District 4J Middle School Athletic Team Rules on the reverse side of this form with my student. We will abide by the district's rules and regulations.

Name of Student (Print)

Signature of Student

Date

Name of Parent/Guardian

Signature of Parent/Guardian

MIDDLE SCHOOL ATHLETICS—Team Rules

1. Coaches will be responsible for initial decisions relating to disciplinary action resulting from violations of rules. Coaches will be expected to inform parents and conference with them upon request. Students and parents may appeal the coaches decisions to the principal. Any disciplinary action resulting in suspension or removal from the team must be discussed with the administration prior to enforcement of suspension or removal.
2. Student athletes who break rules will be subject to disciplinary action with probation or suspension from the team a possible result.
3. Student athletes are responsible for keeping their equipment and uniforms issued to them clean, in good condition, and to be returned promptly at the end of the season.
4. Loss or damage of issued equipment and uniforms due to negligence will be the financial responsibility of the student athlete and his/her parents or guardian.
5. It is important that students exercise care and personal regard for equipment and facilities provided to them, i.e. locker rooms, lockers, balls, towels, uniforms, etc.
6. Students are to cooperate with coaches and custodians in keeping the locker rooms and halls clean and orderly before and after practice.
7. Student athletes are to leave the building as quickly as possible after all practices and games. Students are not to loiter in the halls, create problems, or interfere with custodial work in any way.
8. To remain eligible and represent the school as a member of an athletic team, building and district policies and expectations, both academic and behavioral, must be adhered to by student participants.
9. All student athletes must have a physical examination. Physical exam information (District Interval History Form) must be kept up-to-date annually and on file with the school prior to the first practice.
10. All student athletes must be covered by student insurance or other insurance which gives adequate coverage prior to the first practice. Record of such coverage must be on file at the school
11. All student athletes must have a Middle School Athletic Permission Form on file yearly.
12. Student athletes must be in attendance all day on game days unless unusual circumstances warrant. Any excuse from class or school on a meet day must be approved in advance by the school administration.
13. Student athletes are expected to follow all school rules and regulations at all times. Disruptive behavior on or off the field, persistent tardiness to practices or school, truancy, and other violations of school regulations can be cause for disciplinary action.
14. Student athletes are expected to exemplify the highest standard of good sportsmanship at all times.
15. All team members are required to attend all practices unless a release is given by the coaches. It is the student's responsibility to inform the coach if he/she is not going to be at a practice or game for an reason.

A player who misses practices, for whatever reason, should not expect to play in the contest on game days. Participation in games will be up the discretion of the coach in accordance with District

ANNUAL INTERVAL HISTORY FORM

Grade _____

Student Name _____

School _____ Date of Birth _____

Parent/Guardian _____ Home Phone _____

Address _____ Zip _____

Sport(s) (List all that apply)

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PARENT/GUARDIAN PERMIT

I want my son/daughter to have the privilege of participating in competitive school athletics. (Name of student) _____ therefore, has my permission to complete in all sports approved by the Board of Education of the Eugene School District 4j and to be transported according to the District Transportation Policy.

While I expect school authorities to exercise reasonable precautions to avoid injury, I understand that there are risks of injury when participating in athletics and the District assumes no financial obligation for any injury that may occur. I am advised that students are held responsible for all players' equipment owned and issued by the school.

This consent to release a student athlete's health/medical information regarding an athletic injury, illness, or condition is vital for the Certified Athletic Trainer to perform his/her duties and expertise in treatment, rehabilitation, and return to play status of the student athlete through standing orders prescribed by the attending physician. I authorize Dr. _____ and Dr. _____ (if necessary) to communicate/release information with the Certified Athletic Trainer(s) and the student athlete's Coach about _____ (child's name) _____ (child's date of birth) and his/her medical/health condition as it relates to his/her ability to participate in sports and any written physician prescription of standing orders of treatment to be preformed by the Certified Athletic Trainer for the school calendar year. (Please indicate the school year 20__/20__.)

Parent/Guardian Signature

_____ Date _____

STUDENT ATHLETE MEDICAL INFORMATION

Past Medical Conditions (i.e. hospital, concussions, allergies, surgeries, fractures) _____

Present Medical Conditions (i.e. hospital, concussions, allergies, surgeries, fractures) _____

Medications/Supplements _____

Contact Lenses (please circle) Hard Soft None



EMERGENCY CONTACT INFORMATION

Father/Guardian _____ Phone _____

Mother/Guardian _____ Phone _____

Preferred Hospital _____ Primary Care Physician _____

Person to contact if you cannot be reached _____

Relationship _____ Phone _____



CONCENT TO TREAT/INSURANCE ARRANGEMENTS

In the event of a medical emergency to my son/daughter, I give consent for emergency medical treatment to be given to my son/daughter in the event that I/additional parent/guardian/ emergency contact is not present for verbal consent for treatment. This consent extends to emergency medical personnel (i.e. EMT's Paramedics), physicians, nurses, certified athletic trainers, physical therapists, coaches, teachers, athletic directors, counselors, and principals that would be involved in the daily education, activities, and health of my son/daughter.

Please check one:

____ My son/daughter is covered by the student insurance plan as indicated for the 20__/20__ school year. ____ 24 Hour ____ School-Time Plan ____ Student Health Care ____ Interscholastic Tackle Football Plan ____ My son/daughter is fully covered by insurance carried by Parent/Guardian, and the school will not be liable for any injury that occurs during athletic activities or travel for activities.

(NOTE: If your insurance status changes, it is your responsibility to notify the Athletic Department. Lapses in coverage are NOT allowed.)

Name of company with which insured

Policy Number

Parent/Guardian Signature _____ Date _____

ROOSEVELT MIDDLE SCHOOL TRACK & FIELD

TRACK & FIELD ATHLETIC CONTRACT FORM

I, _____ (print name), a team member of the Roosevelt Track Team, promise to be at every practice and meet, bringing a positive attitude and giving my best effort. I will follow the coaches' directions to help me develop my maximum potential. Understanding that I owe allegiance to my team, I will encourage my fellow teammates and be on time for practices and meets. Also, I will communicate with my coaches by informing them of soreness or pain, as well as discussing any strategies or concerns about races and/or field events.

My behavior at practices and meets will bring honor to me, my team, and my school. I will abide by the Athletic Team Rules and Roosevelt's expectations. Realizing that I am expected to behave in an appropriate manner, I shall not receive any "majors" during the season. Furthermore, Track and Field is important to me; therefore, I am committing to the entire season. I realize the importance of academics and athletics. I shall keep all of my grades above N1. I understand I will not be able to participate until I am receiving credit for all of my classes.

_____ (signature)

_____ (date)

ROOSEVELT MIDDLE SCHOOL TRACK & FIELD

PARENT SUPPORT FORM

Please check the following dates by marking YES or NO if you have time and are willing to help run the meets. The meets in April are scheduled to start at 4:45. However in the past, the meets have started as early as 4:30. Therefore, if you are willing to help, please arrive around 4:15 and receive specific instructions. By 7:00 the meets should be done and students should be back at school shortly before 7:30.

April 16 _____

April 23 _____

Location: SEHS

Time: 4:30 (4:45 is the official start)

Location: SEHS

Time: 4:30 (4:45 is the official Start)

May 7 _____

May 14 _____

Location: CHS

Time: 4:30

1:00 Field Events

3:30 Running Events

Location: Hayward Track

Time: 12:30 Field Events

3:30 Running Events

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Our Track & Field Awards Night on Wednesday, May 20 will start at 5:00 in the D Gym. Refreshments will be served before the Athlete Recognition Awards. Indicate below with an X in the space the best represents your likeliness to attend. This number will be helpful when getting the food and drinks organized.

Yes! Absolutely _____

Planning on attending _____

Not sure yet _____

No! I can't make it _____

How many will be attending? (Include everyone in your party) _____

Name of parent/guardian _____ Student name _____

Contact Information _____

Name _____

TRACK & FIELD SCHEDULE CONFLICT FORM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
March 16	17	18	19
23 _____ Spring	24 _____ Break	25 for _____ the _____	26 Week _____
March 30 NO School NO Practice	31	April 1	2
6	7	8	9 First Meet @ NEHS
13	14	15	16 Second Meet We Host @ SEHS
20	21	22	23 Third Meet We host @CHS
27	28	29	30 Fourth Meet @ SEHS
May 4	5	6	7 SUB District Meet @ CHS
11	12	13	14 District Meet @ Hayward
18 Turn in Jerseys	19	20 Awards Night 5:00 D Gym	

Attendance is one of the most important factors in Track & Field for performance reasons and liability purposes. We, as coaches, are responsible for every student. Therefore, it is vital that we know who is at practice and where they are practicing every day.

Filling out these THREE steps, if applicable, will help the coaches plan for practices and management in the whereabouts of ALL athletes. We understand throughout the season things may happen and a student may need to leave practice early or that they will be coming to practice later; therefore, we are asking for your cooperation through communication. A note from home is the best way to let us know what is going on if you haven't already indicated on the Track & Field calendar. However, if a note is not possible, a call to the office or an email to **christen_mo@4j.lane.edu** works.

Below is a step-by-step process for the communication of the information we request.

There are **THREE** things to do with the Track & Field calendar.

First:

Indicate in a brief note on date(s) that you know you will not be attending practice(s) and/or meet(s) due to an excused absence such as: a doctor's appointment, music lesson, illness, tutor etc.

Second:

A parent/guardian **MUST** sign the date(s) you will not be coming in the space provided in the calendar. If you wish to attach an additional note of explanation, that is fine but unnecessary. (Just a signature/date is acceptable.)

Third:

Write the time if you will be leaving or coming to practice.

Here is an example of what it should look like.

Monday

Tuesday

Wednesday

Thursday

If you have any questions call me at 687-3227 or email **christen_mo@4j.lane.edu**.

