

# Roosevelt Middle School Track & Field

Welcome to Roosevelt Middle School Track and Field! Our goals are to have success, fun, and participation in the District meet. The coaching staff strongly feels this year's Track & 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 your grades are above a NP. If you have a NP at the beginning of the season you must demonstrate the plan of action in raising last term's grade. During the course of the season, if you receive a NP, you MUST raise your grade before attending practices and competitions. We, as coaches, feel that athletics are important; however, you must have passing grades to participate!

## ATTENDANCE & ABSENCES

You are expected to be at TWO out of the THREE practices. Prearranged absences are acceptable if we know in advance. You may only miss ONE practice (that is excused absence) per week. We will consider your situation on an individual basis as needed if you are absent for more. 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. 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. If you participate in other sports and have conflicts, but would still like to be a part of the team, a discussion should occur to establish options.

We, as coaches, expect 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 occur. 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 M-W with meets on Thursdays. However, the first two weeks are for practice and preparation for competition. **Mon & Tue practices are from 3:45-5:00, and Wed 2:45-4:00 and Thursday 3:45-7:45 for meets** (note the first two weeks of practice will be 3:45-5:00). Transportation for away meets will be provided. (Please see

the calendar for further information and planning.)

Starting sharply at 3:45 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 in your Track & Field Houses. You are expected to be on time. After taking attendance, practice begins with a group warm-up of basic movement and flexibility exercises. 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 problems 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 event, the main event 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 work on your secondary event. 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 your preparation. 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 expectations, **please complete the necessary paperwork before the March 15.**

Coach C., Morgan Christensen

## TRACK & FIELD SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>March 29</b> Practice begins Primary Routines <i>Introduce House</i>	30 Primary Routines <i>House Roles</i>	31 Primary Routines <i>House activity</i>
<b>April 4</b> Primary	5 Primary	6 Secondary	7 Jersey Handouts Secondary
11                    D	12                    M Sign up—Events	13                    E Sign up—Events	14 RMS/Kelly @ NE 4:30-7:30
18                    D	19                    M Sign up—Events	20                    E Sign up—Events	<b>21</b> <b>ATA/RMS @</b> <b>SEHS 4:30-7:30</b>
25                    D	26                    M Sign up—Events	27                    E Sign up—Events  <i>Sub district plan</i>	<b>28</b> <b>Monroe/RMS @</b> <b>SEHS 4:30-7:30</b>
<b>May 2</b> M	3                    E  <i>Sub district plan</i>	4                    E  <i>Sub district plan</i>	5 RMS/SB @ SEHS 4:30-7:30
9                    M  <i>Sub District Placement Meeting</i>	10                    E	11                    E	<b>12 Sub District @</b> <b>NE 12:30 Field</b> <b>3:30 Running</b>
16  <i>District Placement Meeting</i>	17	18	<b>19 District @</b> <b>Churchill</b> <b>12:30 Field</b> <b>3:30 Running</b>
23 <i>turn in jersey</i>	24 <i>turn in jersey</i>	25 <b><i>End of season party</i></b>	
<b>Monday—Difficult Primary/ Secondary</b>	<b>Tuesday— Moderate Primary/ Secondary</b>	<b>Wednesday—Easy Prep for Events</b>	<b>Thursday—Meet BEST EFFORT &amp; have FUN</b>

*AWARD NIGHT TUESDAY 4/25—5:00-6:00, D-Gym*

# ROOSEVELT MIDDLE SCHOOL TRACK & FIELD

## GENERAL INFORMATION

**Practices Mon & Tue @ 3:45-5:00; Wed @ 2:45-4:00; Meets Thursdays @ 4:30-7:45**

**Meet Location: Check Calendar**

**Practice Location: RMS & South High School Track**

The following events occur at every Track & 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 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)

- TWO running events ONE - Field Events and Relay
- ONE running event - TWO Field Events and Relay
- TWO Field Events and Relay

Of course you may choose to only do one event. But, remember it is important to try different events to increase your chances of qualifying for sub districts etc.

## SUB AND DISTRICT INFORMATION

You may not receive your first choice of event for the Sub District Meet. Therefore, it is helpful to be willing to compete in numerous events throughout the season and that day. 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 Sub District Meet.

Based on how you perform/place will determine your spot for the District meet. Note: Event(s) are based on your performances, availability, and effort during the season.

## 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 1 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 & 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)

# 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 29, a new one is needed. Records are to be on file at school at the beginning of the practice, March 29. 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.

**STUDENT LEADER FORM:** This form is for students looking to be a Team leader

**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.

**OPTIONAL DONATION FUND:** An additional \$5.00 dollar donation or more is welcomed . All money collected goes back into the team. Funds are used for supplies, awards, t-shirts, and end of the season party.

***\*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 21 and the 28. At the Sub District meet, we will need helpers for timing, placing, and field events. Your help would be greatly appreciated. For the District Meet on May 17, we need volunteers for 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.

### 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. Please indicate if you would be interested in being a Track and Field Coordinator by email [christen\\_mo@4j.lane.edu](mailto:christen_mo@4j.lane.edu) or phone at 541-790-8500.

### 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 TEN areas of paperwork to complete on or before March 15, 2011 in order to participate in the Track & Field season. They are coordinated by color. 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 From** (required info prior to known dates of conflict)  
\*Orange sheet
8. **Student Leader Form**  
\*Gray sheet
9. **Participation Fee** (\$50.00) Fees go directly to the District. RMS may not use this money for the program.
10. **Optional Donation** (\$5.00 or more) Donations are for the program.

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

# 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 the letter grade D. 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

There are TWO home Track & Field meets Roosevelt will be hosting. South's High School T&F program usually help run these meets. However, it is important to over plan. If interested in helping, please indicate below.

Note: the Sub district meet is 2nd biggest meet and will need a lot of volunteers. We anticipate over 400 athletes that day!

<b>April 21 Monroe vs. RMS @ South High School 4:30-7:30</b>	<b>April 28 ATA vs. RMS @ South High School 4:30-7:30</b>								
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center; padding: 5px;"><b>Yes</b></td> <td style="width: 50%; text-align: center; padding: 5px;"><b>No</b></td> </tr> <tr> <td style="height: 20px;"></td> <td style="height: 20px;"></td> </tr> </table>	<b>Yes</b>	<b>No</b>			<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center; padding: 5px;"><b>Yes</b></td> <td style="width: 50%; text-align: center; padding: 5px;"><b>No</b></td> </tr> <tr> <td style="height: 20px;"></td> <td style="height: 20px;"></td> </tr> </table>	<b>Yes</b>	<b>No</b>		
<b>Yes</b>	<b>No</b>								
<b>Yes</b>	<b>No</b>								
<b>May 12 Sub District @ North High School 12:30 Field Events 3:30 Running Events</b>	<b>May 19 District Churchill High School 12:30 Field Events 3:30 Running Events</b>								
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<b>Yes</b>	<b>No</b>								
<b>Yes</b>	<b>No</b>								

<b>X if you want to help Coach and/or Track &amp; Field?</b>	
	Distance
	Sprints
	Hurdles
	High Jump
	Long Jump
	Shot Put
	Discus
	T&F Coordinator
	Data Collection
	Awards/Party
	Photography

Name of Student	Name	Email	Phone/Cell

# ROOSEVELT MIDDLE SCHOOL TRACK & FIELD

Name \_\_\_\_\_

## CONFLICT FORM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>March 29</b>	30	31
<b>April 4</b>	5	6	7
11	12	13	14 RMS/Kelly @ NE 4:30-7:30
18	19	20	<b>21</b> <b>ATA/RMS @</b> <b>SEHS 4:30-7:30</b>
25	26	27 <i>Sub district plan</i>	<b>28</b> <b>Monroe/RMS @</b> <b>SEHS 4:30-7:30</b>
<b>May 2</b>	3	4	5 RMS/SB @ SEHS 4:30-7:30
<i>Sub district plan</i>	<i>Sub district plan</i>	<i>Sub district plan</i>	
9 <i>Sub District Placement Meeting</i>	10	11	<b>12 Sub District @</b> <b>NE 12:30 Field</b> <b>3:30 Running</b>
16 <i>District Placement Meeting</i>	17	18	<b>19 District @</b> <b>Churchill</b> <b>12:30 Field</b> <b>3:30 Running</b>
23 <i>turn in jersey</i>	24 <i>turn in jersey</i>	25 <b>End of season party</b>	

Attendance is important in Track & Field for performance reasons, meet placement, 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 in 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
	Music lesson at 4:00 Every Tuesday (signature/date)		
	“ “		

# ROOSEVELT MIDDLE SCHOOL TRACK & FIELD

Name \_\_\_\_\_

## STUDENT LEADER FORM

<b>Grade:</b>					
<b>Questions:</b> <i>Answer the following statements below and circle the number that best describes you.</i>	<b>Always</b>	<b>Often</b>	<b>Some-times</b>	<b>Rarely</b>	<b>Never</b>
	5	4	3	2	1
I am on time.	5	4	3	2	1
I get things done before they are due.	5	4	3	2	1
I enjoy talking in front of groups.	5	4	3	2	1
I procrastinate.	5	4	3	2	1
I like to have fun.	5	4	3	2	1
I naturally help others.	5	4	3	2	1
I am organized.	5	4	3	2	1
I am quiet and shy around people I don't know.	5	4	3	2	1
I enjoy helping others achieve.	5	4	3	2	1
I practice clear communication.	5	4	3	2	1
I am moody and irritable.	5	4	3	2	1
I like explaining things.	5	4	3	2	1
I like to be in charge.	5	4	3	2	1
I enjoy computer work.	5	4	3	2	1

**PART I:** What is one thing you would like to change about the program? *(if nothing)*  
What is one thing you would like to continue?

**PART II:** Why? *(explain yourself)*

**PART I:**

**PART 2:**

