

## Track and Field - 7th and 8th grade

**Physical must be on file in the office by March 23rd.**

Track is a great sport that allows you to compete and improve both as an individual and a team. We hope that you will enjoy this opportunity to get in shape, compete, and have fun.

### **Coaches:**

Mrs. Lewis 348-2261 (Distance/L. Jump)	Mr. Piche 348-2184 (Hurdles/High Jump)	Mrs. Erickson 348-2246 (Sprinters/Shot Put)
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**Gear:** Practice is held during ALL types of weather. Most days we will practice outside. Athletes **MUST** be prepared for all temperatures.

Things to pack in your track bag for practice:

- Sweatshirt
- Athletic pants (sweats, running tights, etc.)
- Gloves
- Hat
- Running shoes
- Athletic socks

**Practices:** Monday-Friday of each week. Some practices may be held at Curtis Field. You will be notified in advance of these dates and you will be given a calendar with practice times/places. Competing in a field event is not required for 7th and 8th graders.

- Running Practice 3:25 – 4:30
- Field Events 4:30 – 5:00

**Attendance:** Good attendance is an expectation in track. If you are in school, we expect you to be at practice. If a circumstance prevents you from being at practice, you must have a note/email from a parent and talk with a coach. Poor attendance may result in not attending meets.

### **Tentative Meet Schedule:**

### **Uniform:**

April 20th Home vs Harbor and Boyne April 27th @ St. Ignace (Select Team) April 30th @ TC East May 4th East Jordan relays (Select Team) May 6th @ Gaylord May 11th @ Cadillac (Select Team) - <i>Tentative</i> May 14th Home vs Cadillac and Alpena May 19th BNC @ TC 1pm (Select Team)	Athletes will receive a shirt order form after spring break.  A uniform shirt will be required and will cost approximately \$21. Other shirt styles will be optional.
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