

## Girls Track Information Sheet

### Coaching Staff:

Head Coaches: Mariea Brown

Assistant Coach: Keith Atkins

### Contact Information:

Please email: Mariea Brown: mbrown@caldwellschools.com (if you have questions about times, meets, missed practices, etc)

Emergency Contact: (Brown) Only contact in case of an emergency.

### Tryout Procedures:

Student-athletes are timed in the 100m, 400m, and 800m. Points will be awarded just similar to a track meet. Athletes will also be rated on attitude and coachability. The runners post best scores will make the time. The team roster will be posted outside the office after final cuts are made.

A student-athlete will not be allowed to tryout without a physical on file. This must be done **before** the first day of tryouts.

For safety, runners must wear lace-up tennis shoes.

### Team Discipline:

Student-athletes are role models for the school. Their behavior in class is a reflection of the whole team. If a student is misbehaving during school, I will address the issue. If it continues, running at meets might be limited. If a player is in ISS, he will not be allowed to participate in the next meet. If an athlete is in ISS more than once, he will be removed from the team. If a runner receives OSS, he is off the team.

If an athlete is unable to attend practice, I must be notified immediately. This can be done at school or via an email. If prior notice is not made, it is an unexcused absence.

**On the third unexcused absence, the runner will be removed from the team.**

Sickness, family emergencies, and pre-arranged doctors' appointments will be excused. However, critical training time will be missed if a runner is continually absent from practice. As a result, your child may not be prepared to run in the meets. If a student

skips practice to attend a GFMS middle school baseball game, he will be cut from the team.

### **Practice Schedule:**

Practice will be after school on Monday through Thursday until 4:30. A two day weekend workout plan will be given to all runners to help them stay in shape.

Athletes need to be picked up promptly at the GFMS gym. If tardiness becomes habitual, they will be dismissed from the team.

If an athlete is walking home from practice, a note **must be given** to the coach prior to the start of practice.

### **Meets:**

Events that the runners are participating in will be based on times recorded at practice and at the meets. Events that runners participate in may change over the course of the season. All runners will participate in at least two events at the meets. This may include the open 400m and 800m. The events that a student-athlete participates in is a coach's decision.

### **Uniforms:**

A uniform will be given a uniform top. Runners will be required to purchase a pair of **black shorts** to wear during the meets. This uniform must be returned at the end of the season.

### **Track Meet Schedule:**

Thursday, 3/21	at Alexander Central
Tuesday, 3/26	at West Caldwell
Thursday, 4/11	at South Caldwell
Thursday, 4/18	at Alexander Central
Thursday, 4/25	at Hibriten
Thursday, 5/2	at South Caldwell (Championship Meet)

**First events start at 4:00**

Runners will need to bring a snack and something to drink to the meets. If not, athletics will become hungry and thirsty.

### **Track Passes**

Because the high schools are hosting the track meets, the conference has mandated that each child on the track team must pay \$15. This will cover all ticket costs for the season. This will actually be cheaper for the families. Please make checks payable to Granite Falls Booster Club.

### **Travel Information:**

All players will ride the bus to the meets, unless they are a Caldwell Connect student.

Runners must be signed out after all meets but the meets at South Caldwell if they are not riding the bus back to school. Players who are not signed out **will not participate** in the next meet.

### **Eligibility:**

The following are requirements for being a student-athlete:

- A current and updated physical
- Pass 3 of 4 core classes from the previous semester
- No OSS or no more than one ISS