

Your child has shown an interest in the STRATFORD MIDDLE SCHOOL TRACK TEAM. Practice begins Monday, April 7th. All athletes trying out will need to get a "red card" from Mrs. Orze the school secretary, which indicates that a physical is on file with the school nurse. "Try-outs" for individual events will take place the first week of practice. There will also be a required 100 and 600-meter time trial for all team members the first few days of practice. Usually the top performers in each event are chosen to participate in that event. There are four teams. They are: 6/7th grade girls, 6/7th grade boys, 8th grade girls and 8th grade boys. Track is a no-cut sport at Stratford. Track meet participants are determined by their times or distances in practice and preceding meets. Students may challenge another athlete in practice for a position at the next meet. If he/she does not make the meet in a specific event, they may stay on the team if they run the 800 and/or 1600-meter run in meets. Only those athletes who demonstrate a serious commitment to the track program should sign up to participate. Missing practice because of a family vacation during try-out week may cause problems. Please contact a coach if you will not be at practice the first week.

Here are some guidelines and important information regarding our track program for the 2014 season. A schedule is also included in this packet. Please read this over with your child and have him/her return the attached forms with your signature. All signatures are marked with a *. **IF YOU CAN NOT ATTEND ANY OF THE MEETS YOU MUST NOTIFY YOUR ATTENDANCE COACH NOW! THIS INCLUDES THE MAY 15th CONFERENCE MEET!!!!** Please do not let us know the day before or the day of a meet that you can't make it.

STRATFORD TRACK TEAM RULES

1. Track practice is **everyday** unless otherwise announced. Attendance will be taken. Athletes should wear their P.E. clothes, running shorts, or t-shirts from home. No jeans, jean shorts, or loaner PE clothes please. Sweats are encouraged. We will go outside if it is cold.

Practice is usually over by 4:30, with a 4:45 bus provided to take athletes home. If you are getting a ride home, your ride must be at Stratford by 4:45, or you will be required to get on the bus. Practice will be over by 4:00 on all Wednesdays and Fridays. There will be a 4:00 bus on both days. **If your ride is not here at 4:45 or 4:00, you need to get on the bus. There can be no exceptions.**

2. We realize that students may be involved in other Stratford activities. We will allow students to miss 1 practice a week to attend other activities under the following conditions. A) You may not miss practice the day before a meet unless you are sick. B) Your attendance coach will need weekly notification from your parents for other outside of school activities that you will miss practice for. C) If you have not missed practice for other reasons that week. Missing practice for activities not related to Stratford would need a phone call or email from a parent to discuss the situation.

3. All track athletes must attend practice the day before a meet, unless you were absent from school, or you will not be able to compete in the meet.

4. Missing a practice or meet because you have a detention, Wednesday alternative school, or in/out of school suspension, will be marked unexcused. You cannot attend any track activity.

5. Three unexcused absences will result in a one meet suspension. Four will result in dismissal from the team.

6. Missing a practice to stay after school with a teacher for academic help is excused, providing the student brings a note signed by that teacher to the proper attendance coach.