ACP Jr. High Track 2022

**Coaches**:

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Welcome to the 2022 ACP Track and Field Team! This packet provides athletes and parents with information about practice times, team expectations, a competition schedule and parent volunteer opportunities. Please read the following information with your student/athlete, *sign the attached yellow agreement, and return the agreement to the coaches by Friday, April 1.*

Athletic fees will be paid through Infinite Campus Parent Portal **In Touch Fee** payments and athletic clearance needs to be completed in **Register my Athlete** online by **March 30th** to participate. If you have any questions about **Register my Athlete** email [anderson.tara@cusd80.com](mailto:anderson.tara@cusd80.com) . No athlete can participate in practice until they have been cleared.

**Practice Schedule:**

**Please see attached calendar for practice and meet schedule, which is also on the Track and Field website.**

Given the large amount of participants and a limited number of track meets a commitment for the next 7 weeks is essential! All practices are ***mandatory***! Practices will take place in the mornings starting at **6:00am** sharp.

**Attendance policy:**

1. Roll will be taken at every practice.
2. Unexcused absences – The student will not participate in the next meet. After 3 unexcused absences the student will be dismissed from the team.
3. Excused absences – The athlete or their parent/guardian must notify a coach by phone or preferably by email before the absence occurs. The coach’s contact information is on the school website and the schedule.

**Guidelines:**

1. Athletes must be on time and prepared for practice.
2. Athletes need to **bring water to practice** and drink plenty of water throughout the day.
3. Dress appropriately for practices. Wear lightweight workout clothes and proper running shoes.
4. Due to the number of athletes, every effort will be made to include all

athletes in at least 1 event in every meet. EVC rules limit the number of participants in each event except the 800m and 1600m runs.

1. All athletes and parents will follow the Victory With Honor code of conduct.
2. All athletes must possess a positive attitude.
3. All athletes must do their best at practice, as well as meets.
4. All athletes must show Respect and Responsibility for themselves, coaches, teammates, and opponents at all times.

**Athlete Pick up:**

Please be sure to pick up your athlete within 15 minutes of the meet’s end or bus arrival time on race days. If you attend an away meet your athlete may ride home with you. **There will be a parent sign-out sheet at each away meet**. Parents need to sign out their athlete. In order for an athlete to ride home with a teammate’s parent she/he must have a signed permission note from his/her parent prior to the meet.

**Grades:**

Students with an ‘F’ on the grade report will be ineligible for the following week’s competition. In order to be eligible the athlete must present a dated printout showing he/she is passing all classes. The athlete is still required to attend practices even if ineligible for competition.

**Behavior:**

Students, as a member of the ACP Track Team your behavior is a reflection of not only you, but our team and ACP. Behavior must follow the school expectations outlined in the student handbook. Disrespectful behavior may result in dismissal from practice or the team. This applies to the track as well as the classroom.

Students placed in in-school suspension =NO RACE

Students placed in in-school suspension a 2nd time=TEAM DISMISSAL

Students placed in off campus suspension=TEAM DISMISSAL

**Track Meet Events:**

Long jump, High jump, Shot Put, Discus, 75m Hurdles, 100m Dash, 200m Dash, 400m Run, 800m Run, 1600m Run, 400m Relay, and 1600m Relay.

**(Relay teams will be determined by the coaches.)**

**Parent Involvement:**

There are many ways that you can help support our Track Team. First, we hope that you can attend the meets and encourage our runners. Positive motivation during a meet can make a significant difference. You can also help our team by volunteering at our home meets (at AJHS and CHS). We may need help timing, measuring events, and assisting in meet organization. No experience necessary! If you would like to volunteer sign up on the link on the Track and Field website. We appreciate the dedication you show to help the athletes have a positive and successful season. Thank you for your support and please feel free to contact us if you have any questions or concerns.

Most important enjoy the season! We are looking forward to a positive and successful 2022 Track Season!

***2022 ACP Track Signature Form***

# *Please return to coaches by Friday, April 1.*

# DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ATHLETE’S NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_GRADE:\_\_\_\_\_\_\_**

**Rank any events you’re interested in, one being the highest:**

**□\_\_\_ Long Jump**

**□ \_\_\_High Jump**

**□ \_\_\_Shot Put**

**□ \_\_\_Discus**

**□ \_\_\_Hurdles**

**□ \_\_\_100m**

**□ \_\_\_200m**

**□ \_\_\_400m**

**□ \_\_\_800m**

**□ \_\_\_1600m**

**□ \_\_\_400m Relay**

**□ \_\_\_1600 Relay**

**Expectation agreement statement:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(print student’s name) (print parent/guardian’s name)

have read, understand, and agree to the fore mentioned team rules and guidelines. I understand that any missed practices must be made up (excused and unexcused) before participation in the next meet.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(student’s signature) (parent/guardian’s signature)

**Volunteers** will be needed for track meets. No experience necessary! If you would be able to help, please go on to the Track and field page and click on the sign up genius.

Track Schedule 2022

|  |  |  |
| --- | --- | --- |
| **Date** | **Time** | **Place** |
| 3/30 | 6:00-7:00 am practice | CHS track |
| 3/31 | 6:00-7:00 am practice | CHS track |
| 4/1 | 6:00-7:00 am practice | CHS track |
| 4/4 | 6:00-7:00 am practice | CHS track |
| 4/5 | 6:00-7:00 am practice | CHS track |
| 4/6 | 6:00-7:00 am practice | CHS track |
| **4/7** | **4:30-6:30 pm Track meet WJHS/STJHS** | **Santan Jr High School** |
| 4/11 | 6:00 – 7:00 am practice | CHS track |
| 4/12 | 6:00-7:00 am practice | CHS track |
| 4/13 | 6:00-7:00 am practice | CHS track |
| **4/14** | **4:30-6:30 pm Track meet AJHS/EMJH** | **Home meet AJHS** |
| 4/18 | 6:00-7:00 am practice | CHS track |
| 4/19 | 6:00-7:00 am practice | CHS track |
| 4/20 | 6:00-7:00 am practice | CHS track |
| **4/21** | **4:30-6:30 pm Track meet BJHS/QCJH** | **Boggle Junior High** |
| 4/25 | 6:00-7:00 am practice | CHS track |
| **4/26** | **4:30-6:30 pm Track meet CCJH/CMS** | **Casteel High School** |
| 4/27 | 6:00-7:00 am practice | CHS track |
| **4/28** | **4:30-6:30 pm Track meet NBJH/SMS** | **CHS home meet** |
| 5/2 | 6:00-7:00 am practice | CHS track |
| 5/3 | 6:00-7:00 am practice | CHS track |
| 5/4 | 6:00-7:00 am practice | CHS Track |
| **5/5** | **4:30-6:30 pm Track meet PJHS/CCJH** | **Payne Junior High** |
| 5/9 | 6:00-7:00 am practice | CHS track |
| **5/10** | **EVC** | **TBD** |

**Dates, locations, and times are subject to change.**

**EVC’s will be determined.**