

**REUTHER
CRUSADER**

**7TH & 8TH
GRADE**

**BOYS & GIRLS
TRACK**

REUTHER MIDDLE SCHOOL TRACK INFORMATION PACKET

Dear parents and track athletes:

Thank you for your interest and participation in Reuther Middle School's track program. By way of introduction here is the track coaching staff.

Mr. Nick Klak: Mr. Klak has been a Reuther track coach since 1991. He will be coaching the distance team, the hurdlers, distance relays as well as taking on the duties of track coordinator.

Mr. Mike Lazzo: Mr. Lazzo has been a Reuther track coach since 2009. He will be coaching the sprinters, long jumpers, and work with the sprint relay teams.

Mrs. Christine Sikora: Mrs. Sikora has been a Reuther track coach since 2013. She will be coaching the sprinters and shot putters.

Miss Hannah Schneider: Miss Schneider has been a Reuther track coach since 2017. She will be coaching the sprinters, high jumpers, and work with the sprint relay teams.

Our belief as middle school coaches is not to construct an invincible running machine, but to help student-athletes learn the fundamentals of track and field, while stressing sportsmanship, teamwork, and fair play into their daily lives. Trying your best to win is always important! However, if the only thing we accomplish this season is to create a group of hard-working young men and women who have given their best efforts, then the season has been a successful one.

REUTHER TRACK MEET ORDER OF EVENTS

- *3200 METER RUN (2 MILE--8 LAPS AROUND THE TRACK)**
- *LONG JUMP (EACH PERSON GETS 3 JUMPS)**
- *HIGH JUMP (EACH PERSON GETS 3 ATTEMPTS AT EACH HEIGHT)**
- *SHOT PUT (EACH PERSON GETS 3 ATTEMPTS)**
- *55 METER LOW HURDLES (5 HURDLES USED--7 METERS APART)**
- *GIRLS HURDLES--30 INCHES *BOYS HURDLES--33 INCHES**
- *800 METER RELAY (EACH MEMBER RUNS 1/2 LAP AROUND THE TRACK)**
- *800 METER RUN (1/2 MILE--2 LAPS AROUND THE TRACK)**
- *1600 METER RUN (1 MILE--4 LAPS AROUND THE TRACK)**
- *100 METER DASH (A LITTLE LONGER THAN 100 YARDS)**
- *400 METER DASH (1/4 MILE--1 LAP AROUND THE TRACK)**
- *3200 METER RELAY (EACH MEMBER RUNS 2 LAPS AROUND THE TRACK)**
- *70 METER DASH (A LITTLE LONGER THAN 75 YARDS)**
- *200 METER LOW HURDLES (5 HURDLES USED--30-40 METERS APART)**
- *200 METER DASH (1/2 LAP AROUND THE TRACK)**
- *1600 METER RELAY (EACH MEMBER RUNS 1 LAP AROUND THE TRACK)**
- *400 METER RELAY (EACH MEMBER RUNS 1/4 LAP AROUND THE TRACK)**

MEET SCORING

RELAYS SCORING--5 POINTS FOR FIRST/0 POINTS FOR SECOND

ALL RUNNING AND FIELD EVENTS

5 POINTS FOR FIRST/3 POINTS FOR SECOND/1 POINT FOR THIRD

***HIGH JUMP--AT TIMES TIES OCCUR. WHEN THIS HAPPENS, POINTS ARE AWARDED BASED ON THE NUMBER OF MISSED ATTEMPTS.**

EXPECTATIONS OF THE STUDENT ATHLETE

A.) ATTENDANCE AT PRACTICE

Athletes are expected to be at every practice. If you are absent from school for more than half of the day you may only participate in practices/meets IF you have a parent or legal guardian excusing your absence. *If you have an unexcused absence then you will not be allowed to practice or participate in a meet.

Students that come to school but do not attend practices or meets will be given the following consequences:

1st offense: Warning given to the athlete.

2nd offense: Strike 1

3rd offense: Strike 2, Parent will be contacted, athlete will miss 1 track meet

4th offense: Strike 3, Parent will be contacted, athlete may be dismissed by the coaching staff (coaches discretion).

Unexcused absences: Attending Intramurals/Enrichment Club Activities—Arrive by 3 PM
Attending School Clubs—Arrive to practice by 3 PM
Homework Help—Arrive to practice when done
No Ride home from practice/meets—Arrange a ride with teammate
Skipping Practice/Meets
Other excuses of a similar nature

Excused absences: Medical Appointment (Doctor/Dentist/Orthodontist/Etc...)
Absent from School (Excused by a parent)
Excused by parent by call/e-mail with permission of coach
Leave school early because of illness or similar reason—Inform coach

****ATHLETES ARE NOT TO LEAVE SCHOOL GROUNDS DURING PRACTICES OR MEETS UNDER ANY CIRCUMSTANCES WITHOUT APPROVAL FROM MR. KLAK!**

Athletes are expected to be on time for every practice/meet. Practice begins at 2:35 PM. Please be dressed and ready to take your back packs out to the field after announcements and stretching. We will meet in the gym at the beginning of all practices/meets.

B.) BEHAVIOR-CITIZENSHIP IN TRACK

You must show respect for your coaches, teammates, opponents, meet workers, and meet officials.

*First occurrence: Warning from the coaching staff. (Strike 1)

*Second occurrence: Meeting with the coaching staff. (Strike 2)

*Third occurrence: Coaches choice to dismiss from team. (Strike 3)

C.) GRADES-ELIGIBILITY

Under the rules outlined by the Rochester Community Schools, athletes are considered either ineligible or on academic probation under the following conditions: *Grades will be checked for those on probation/ineligible.

*ACADEMIC PROBATION: 1 grade of D+ or lower.

*ACADEMIC INELIGIBILITY/FAILING CLASSES: Failing more than 1 class.

*Coaches will check grades at the end of the 3rd Marking Period to determine eligibility. If an athlete is ineligible, they will be allowed to practice but not run in meets until they are eligible based on 4th marking period grades. Athletes on probation from 3rd marking period will have their grades checked at interim time during the 4th marking period.

D.) PHYSICALS

All student-athletes must have a physical form for the present school year on file in the front office in order to participate. NO EXCEPTIONS!

E.) EMERGENCY CARDS/MEDICAL INFORMATION

This will be given to the coaches by the district offices.

F.) LOCKERS G.)PAY TO PARTICIPATE FORMS

Students will be allowed to change in the locker rooms before and after practices but will not be issued a locker. Students will put their clothes in their back packs and take them out to the field for practices. **PAY TO PARTICIPATE FORMS:** Will be given to students prior to the beginning of the meet season.

H.) PRACTICE TIMES I.) SCHEDULED TRACK MEETS

*See attached Track Meet/Practice Schedules and Maps.

J.) APPROPRIATE DRESS FOR PRACTICES/MEETS

Practice: Athletes should always be prepared to run in the worst weather. Dress Warmly! Arms and legs will be covered when the temperature is below 60 degrees Fahrenheit. Wear comfortable running shoes. Spikes: No more than 1/8".

K.) EARNING THE ATHLETIC PIN/LETTER

In order to earn your athletic letter or pin you must participate in at least 2/3 of the scheduled meets. That would mean participating in 5 of 8 or 6 of 9 scheduled meets. Exception to the rule: Injury.

*Non-Letter Winners (Pin & Letter) *Letter Winners (Pin)

L.) STUDENT/PARENT RESPONSIBILITY FOR RIDES AT PRACTICE AND MEETS

Please have arrangements made prior to practice or meets to have your parents, legal guardian, family member, or another adult to give you a ride home. Also, at the end of practices/meets you are to remain on school grounds while waiting for your ride. **DO NOT LEAVE SCHOOL PROPERTY!!!** ***NEW ATHLETIC POLICY: 1ST OFFENSE--MISS 1 MEET; 2ND OFFENSE--DISMISSAL FROM TEAM.

M.) ROCHESTER SCHOOLS ATHLETIC CODE OF CONDUCT

*Refer to the Athletic Code of Conduct Handbook

N.) REUTHER MIDDLE SCHOOL UNIFORM POLICY

*Please wear the designated team t-shirt/navy blue shorts that you purchase at the beginning of the season for all track meets.

O.) NUTRITION/WATER/WATER BOTTLE

If you have a plastic water bottle, bring it to practice and meets with your name on it.

P.) PARENT/STUDENT UNDERSTANDING OF USING COMMON SENSE TO AVOID INJURY

Track coaches not only from Reuther, but also on occasion guest coaches will assist you in proper form and technique. Watch others who have done the event before you try an event for the very first time! Ask questions if you are not sure about anything!

Q.) WHAT TO DO IN CASE OF AN INJURY

Alert one of the track coaches immediately.