

HART TRACK



Welcome to the 2018 Hart Track team. We are glad that you have made a commitment to join the team. Track requires a lot of hard work and dedication. We expect all members of the team to come prepared to work every day. You will see the positive results of your efforts by the end of the season. The information below is for you to become familiar with our upcoming track season. Share this information with your parents. It outlines our expectations and some of the requirements you need to follow during the season.

A parent information meeting will be held on April 16 at 4:15 following practice. This is to answer any questions and relay any other important information.

This year we are asking the kids to purchase a T-shirt that we will be using as a team uniform. If you have any difficulty purchasing the T-shirt we would be glad to provide one for you. Any black shorts can be worn to complete the uniform.

We are offering other clothing items for purchase. These are not mandatory. These include shorts, a hoodie, long sleeve t shirt, and sweat pants. We are happy to offer a concession stand in which we sell drinks and food during home track meets. The money raised from this goes to a scholarship for a high school senior who ran track at Hart.

Practice Requirements: *See attached schedule*

Practice is an integral part of belonging to Hart's track program. Daily attendance is mandatory. All absences must be excused through the school absence system or with a note. If an athlete accumulates two (2) unexcused absences during the season he or she may be **dismissed** from the team. *****We do make exceptions for team members that have other commitments on an individual basis. Feel free to email Mr. Schultz at school with these concerns.*****

Practice Guidelines:

1. Athletes are expected to be on the track to set up equipment and warm-up by 2:35.
2. Locker rooms will be locked promptly at 2:35 and will re-open at the end of practice.
3. Bring all of your equipment outside at the start of practice (sweats, jacket, running shoes, spikes, water).
4. Shorts, t-shirts, sweats, and running shoes are required dress code for practice. No team uniforms will be worn at practice.
5. Bathroom use will be restricted to the bathrooms near the band room (with a coach's permission only).
6. Bringing your own water is recommended.

7. The hallways/lockers are not open after practice. Please bring all of your books, coats, etc to practice so you can exit directly from the locker room to the outside door.
8. Have your ride pick you up promptly at the end of practice (see attached schedule) on the south side of the building, near the gym. It is extremely inconvenient for coaches to have to wait for athletes to get picked up.
9. **You must provide your own lock.** Hart will not be responsible for any missing items from the locker rooms/lockers.

Meet Requirements:

1. Athletes must be at the meet from start to finish. Remember that you are part of a team, you should be there to help out and support your team.
2. We will meet prior to each meet in either the gym, media center, or the lecture room. Bring all of your school and meet materials with you at that time.
3. All athletes not in a hurdle event need to be available to help set up hurdles and pull them off the track.
4. **All** athletes need to help put away the supplies at the conclusion of a meet.
5. If you are not taking a bus home with the team you must notify a coach.

Uniforms:

1. The team T-shirt purchased by each athlete should be worn to each meet. These will be our official uniform.
2. T-shirts (white only) may be worn **under** your uniform.
3. Spikes are not mandatory. If you purchase these they can only be 1/8 of an inch.
4. Hard objects (clips, beads, etc.) are not allowed in the hair during meets per MHSAA rules.

Parent Help:

We need parent volunteers to help out during our home meets. Parents will help time running events and/or help run a field event. Please see attached volunteer sheet to share your ability to help out.

Thanks for your help and support,

H.G. Schultz, Jim Cromie, Chris DeVantier, Kristin Baljet, Ken Troy

I have read over the 2018 track season information with my child and am aware of the requirements he/she must attend to.

Parent Signature

Student Athlete Name (print)