



GET READY FOR THE UPCOMING TRACK SEASON!

Pass all of your classes 3rd quarter

Schedule and get a sports physical at the doctor.

Get, complete, and turn-in clearance forms to the office.

Pay participation fees (\$10) in the office.

PRESEASON PRACTICES

We want you to learn the WALT MOREY way! On **Tuesday and Wednesday March 21st and 22nd**, we will be holding two practices to get you prepared for the upcoming Track and Field season. The pre-season practices will end at 3:30. We want you to be there, get your forms in and your fees paid! Athletes must be cleared before these practices. Athletes will greatly benefit from doing some running and sprinting on their own before practices start.

EARLY UNIFORM PICK-UP

We will be issuing uniforms to all athletes that are totally cleared, including all paperwork and fees, on Monday and Tuesday after preseason practices. Get your uniform early and be ready for the first meet. Athletes will be issued a running top, shorts, and team sweatshirt, unless you purchase a personalized SS. Purchased Sweaters will not be available at this time, but will be distributed on the first days of daily practice.

COMMON QUESTIONS ABOUT TRACK AND FIELD

Do we practice everyday? Yes, except meet days and occasional Fridays.

What time are practices?	Daily from 2:30-4:30, please pick up by 4:45.
When is the season?	Starts April 3rd and goes through mid- May.
What days are meets on?	Most all meets are on Thursdays (2 Tuesdays).
Who do we compete against?	All of the Middle Schools in East County (MHCC).
Does everyone run together?	Athletes only compete against their grade and sex.
Are spikes needed?	Spikes are beneficial, but are not required to run.
What events are available?	Sprints, Distance, Relays, Hurdles, Jumps, Throws.
My kid wants to, but...they	If a conflict creates a severe disruption, students will often have to make a choice of activities.

Any questions? Tyler Pierce at tpierce@rsd7.net.