



Eugene School District 4J
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SBMS TRACK AND FIELD TEAM 2017

Keep this paper for your own records

Track and Field is open to ALL students. The season begins Tuesday, April 4th, tentatively ending on May 24th with the District Meet at Hayward Field. Your child has expressed interest in joining and/or learning more about track at SBMS.

THREE IMPORTANT CONSIDERATIONS FOR YOU TO KEEP IN MIND:

- * Participation on the team won't be denied if you can't afford the enrollment fee
- * Low-cost physicals and insurance plans are available
- * You can participate in other spring sports and still be on the team!!

PRACTICES:

There will be optional practice from March 20-24 from 3:45-5pm (meet in Small Gym) for students who have their paperwork turned in. Practices take place right after school from 3:45pm - 5:00pm Mondays through Thursdays for the first 2 weeks. Once meets begin, practices are Monday through Wednesday. Please attach a separate note to your child's paperwork if there is a standing obligation that will prevent your student from attending certain practices and/or meets. All school policies are in effect during track practices and meets. Any team members not giving their best or following school policies will be dismissed from practice for the day and may receive additional school consequences depending on the offense.

THE EVENTS

80-meter hurdles
100, 200, 400, 800, 1500 meters
400-meter relay
Field events-long jump, high jump, shot put and discus

TRACK MEETS

March 20th- First day of **OPTIONAL** practice
April 4th- First day of **OFFICIAL** practice
April 13th: first dual meet
April 20th: second dual meet
April 27th: third dual meet
May 4th: fourth dual meet
May 11th: Bye Week
May 18th: Sub Districts at NE and Churchill: 12:30 start time
May 24th: Districts at Hayward Field: Field set up: 8am: 10am
Start time: Off facility by 5pm

PHYSICAL: Physicals are required by OSAA for any student competing in interscholastic activities in grades 6-12. If this is your first time participating in a sport at Spencer Butte, you need the completed grey **Physical form**. Once filed, it is good for two calendar years beginning from the date of the physical. **Every** participant needs to complete the enclosed yellow **Interval History** form. Low cost sports physicals can be obtained at the Student Health Centers at North Eugene H.S. (790-5227) or Churchill H.S. (790-4445) on a sliding scale, at Cascade Health Solutions (541-228-3000) for \$90, or Pro Health (541-228-3270) for \$49.

INSURANCE: Contact Oregon Healthy Kids (www.oregonhealthykids.gov or 1-877-314-5678) for free/reduced coverage.

UNIFORMS: You must provide your own practice clothing; we recommend shorts, tee shirt, sweat pants, sweatshirt, running shoes with good support, and a water bottle with your name on it. Spikes are optional (maximum length 1/4"). Running tops will be issued for your use at meets.

TRANSPORTATION: All team members are transported by bus to and from the track meets. Many parents / guardians wish to drive their children home directly from meets. If you plan to do this and not have them take the bus back to school, please fill out the form below. With this form on file, it will automatically be assumed that your child will not be riding the bus back to school with the team. **Without this note on file your child will take the bus back to school after each meet.**

FEE: \$100. Please make checks payable to 'Spencer Butte Middle School'. Note: All students who want to join the team will be able to regardless of ability to pay. Reduced fee of \$20 is possible upon written request – Please contact Jenn Kotlarek, kotlarek@4j.lane.edu or 541-790-8300

TRACK CONTRACT

I, _____ (student - print name), as a team member of the Spencer Butte Track Team, promise to be at every practice and meet. **I WILL GIVE MY BEST EFFORT AT ALL PRACTICES AND MEETS.** I will follow the coaches' directions to allow me to develop to my maximum potential. I understand that I owe allegiance to my team, by being on time for practice and meets and encouraging my fellow teammates. I shall communicate with my coaches by informing them of soreness or pain. I will make sure that I understand what is expected of me daily. I shall discuss strategies; ask questions concerning my races and field events.

My behavior at meets and practices will bring honor to me, my team and my school.
I shall keep my grades at a C+ (2.7) average or higher. I will not receive any behavior referrals.

I am committing for the whole season.

I have **read** all of the enclosed SBMS Track & Field team and 4j School District forms, and understand the rules and requirements.

Student Name (Printed): _____ Student Signature: _____

Parent Name (Printed): _____ Parent Signature: _____

TRANSPORTATION AGREEMENT (Optional)

All team members ride a bus to the meets, and a bus always returns to Spencer Butte after the meets. Many parents / guardians wish to take their children home directly from meets. If you plan to pick up your child at the meets and not have them take the bus back to school, please fill out the form below.

I, _____ (printed parent name) will pick up my child
_____ (printed name of child) from **all** track meets. I understand that I need to notify the coaches if I am unable to attend a meet so that they know that my child is to ride the bus back to school that day. If I wish my child to ride home with a designated parent, **I will provide a note the day before the meet** (no phone calls accepted!)

_____(Parent Signature)

REQUIRED PAPERWORK for TRACK ATHLETES Due by March 15th

- * **Physical** no older than 2 years on file - dated after May 12, 2015. (We have a school record of latest physical dates; please contact Jenn Kotlarek if you need verification)
- * **Annual Update** form
- * **Middle School Athletic Permission Form**-Please sign on the line next to Insurance to indicate that you have it.
- * **Track Contract** – your student must sign this as well
- * **Fee** of \$100. Please make checks payable to 'Spencer Butte Middle School'. Note: All students who want to join the team will be able to regardless of ability to pay. Reduced fee of \$20 is possible upon written request. **Please contact Jenn Kotlarek, kotlarek@4j.lane.edu or 541-790-8300**