

# **SAVANNA OAKS**

## **MIDDLE SCHOOL TRACK**



### **INFORMATION PACKET**

# **2018**

**\*\*\*Apparel Order form is on the next page. Orders need to be turned in to coaches by March 13th. The team shirt is a mandatory item.\*\*\***

## Dear Parent/Guardian,

As the beginning of track season rapidly approaches, we would like you to be aware of the expectations we have for our 7th and 8th grade track athletes.

It is important that you read through the packet and sign the letter on the last page indicating that you and your child have read through the packet and understand the expectations. If there any questions about the information in the packet please feel free to contact one of us. **Email is the fastest and easiest for us**, but if you don't have email or in the case of emergency, feel free to contact our office.

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First, we are asking our athletes to make a commitment to the track program. Therefore, we expect them to practice everyday. We know that a large number of our students are also participating in other spring sports and or the drama program. We are fine with sharing time (ex: student has to leave halfway through practice to participate in another activity) as long as it is excused.

### **Excused absences can be communicated in a few acceptable ways.**

1. There is a form attached to this packet.
2. A written note from parent/guardian.
3. An email sent by parent/guardian.

### **We will allow one excused absence per week (doctor, dentist, participation in another sport/practice, religion/religious event, etc.)**

- **3 unexcused** absences during the season and we will remove the athlete from the team.
- Athletes must **complete 8 practices** before they are eligible to participate in the first track meet.

## RAIN DAYS/CANCELLATIONS

We will hold practice in the gym if the weather is not permissible to practice outside. However, we may end practice early. ***In the case that practice is ending earlier than scheduled time and or cancelled,*** the coaches will notify students via morning and afternoon announcements and or throughout the day when we see students in the classroom. Students should be contacting family members of any changes.

### **If a meet is cancelled:**

1. Students call home
2. School Reach Text will be sent
3. Check Website

**\*If a practice and or meet is cancelled, students should be riding home on their regular bus or parent will pick their child up after school.**

## TRANSPORTATION AFTER PRACTICE

- Savanna Oaks supplies a **4:30** and **5:30** late bus.
- If student is riding home with a family member, their ride needs to be at the school **no later than 5:30!**

**\*If the student's ride is not at SOMS by the time the late bus is leaving, we will have that student ride the late bus, so please be on time!\***

## PRACTICE

- **Our first practice will be on Wednesday, March 21st.**
- Practice times run from 3:40-5:15 PM (parents/guardians can pick up athletes between 5:15-5:30 PM).
  - **Your child will not be able to practice until the following items are turned in:**
    1. **Green Physical card and or tan alternate year card**
    2. Payment/Fee Exemption Form with **checks payable to: SOMS**
    3. Concussion Form
    4. Emergency contact form
    5. Signed form from this packet that states you and your child have read through the packet.

## MEET SCHEDULE

All meets are held on the host school's high school track. Addresses are attached to the packet and or go to the extra curricular site and click on opponent site maps.

**START TIMES:** Field events start at 4:15 PM and running events start at 4:30 PM

- **April 16th @ Mt. Horeb**
- **April 26th @ Glacier Creek**
- **May 7th @ Monroe**
- **May 10th @ Verona (home meet–parent volunteers needed!)**
- **May 14th @ Baraboo**

### Transportation on Meet days

- Students will ride the bus to the meets.
- Students can ride home with a family member after the meet.
  - *Parents, please check in with a coach before you and your child leave.*
- If your child will be riding home with another family, please send a **written note** giving your child permission to do so.
- An athlete can leave the meet when they have finished their events. Please check in with the coach before leaving.
- Athletes riding the bus back to SOMS:
  - Athletes will make a phone call home when the bus leaves the track meet.
  - Please make sure your child has transportation home from SOMS!
  - Please make sure you as a parent are on time to pick up your child!

### ★ Note for Verona Home Meet:

- There will be a bus to take athletes to the high school but there will **NOT** be a bus taking athletes back to SOMS. This mean you need to pick you child up at Verona High School.

## Verona Home Meet

**Attached to this packet is a sign up sheet for the home meet. We need volunteers to work the events for this meet. No experience necessary! The more help we have, the faster the meet will go!!!!**

### Uniforms (See Attached Order Form)

- Athletes are **required to have a Verona short sleeve track shirt.**
- You will need to order one **by March 13th (see order form).**
- Also, athletes need to wear black shorts and or tights.
- Any other clothing on the order form is optional.

**VERONA HOME MEET  
VOLUNTEER  
SIGN UP FORM**

The track meet will run from 4-7pm.

Please label/circle your 1st, 2nd and 3rd choice for volunteer positions.

**Verona Home Meet is on Thursday, May 10th**

Set Up (3-4 pm)

Timer

Recorder

Girls Long Jump (measure)

Boys Long Jump (measure)

Shot

Disc

High Jump

Announcer (announces 1st-last calls for events, results, etc.)

Contact Information:

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

# Excused Absence Form

Parents,

You can use this form or you can email and or send another written form to excuse your child from practice.

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Dear Track Coaches,

Please excuse (name) ----- from practice on (date)

----- because of-----

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If this is a weekly thing (ex: leaving early on Tuesday due to baseball practice), then please make a note of that on the excuse slip.