



MIDDLE SCHOOL TRACK & FIELD 2023 Team Rules



Head Coach: Mr. Faust
Assistant coaches: Mrs. Andrews, Mrs. Mellon, Mr. Armstrong

Before you will be permitted to practice with the team you must have:

① CIPPE Form (Physical form) filled out and turned in ONLINE.

Before you will be permitted to participate in the meets you must have:

② Emergency procedure information filled out online.

Also: All athletes must have IMPACT Test prior to competing in Track & Field

PRACTICE SCHEDULE: ** **ATTENDANCE AT PRACTICES IS MANDATORY!***** You will be expected to attend all scheduled practices and to be ON TIME. Practice will begin at 2:30 and end at 4:30. All practices will begin in the OJRMS gymnasium, and students should be dressed for practice at 2:30. After attendance is taken, we will walk down to the track where practice is held. During practice times you will **NOT** be permitted to be away from the coaches in charge. You will then be picked up from the stadium NO LATER than 4:45 pm. **If an athlete is late getting picked up more than 3 times they may face removal from the team.**

If you miss a practice, a meeting will be held with you and the coach(es). If you know that you have to miss a practice, you must have a legitimate note - or an e-mail - and let the coaches know **before** the missed practice. An unexcused absence from practice the day before a meet will result in a suspension from the next day's meet. Three unexcused absences will result in your dismissal from the team.

Again, practice ends at 4:30. You need to arrange for a ride off campus NO LATER than 4:45pm. Parents/guardians can pick you up from the practice at the High School stadium. This can be done in the parking lot right next to the North Turf field.

All athletes should dress appropriately for practice and meets. Running shoes are to be worn for practice and during meets when not competing. Sweats or warm-ups **MUST** be worn during the cooler parts of the season. There are several stores which have running shoes (One being the Keystone Running Store in Pottstown)

Bringing valuables to track practices and meets is risky. Over the years many valuables have disappeared while they were unattended. During your events have a trusted buddy watch your belongings!

No jewelry is permitted to be worn during practice or competition.

COMMUNICATION:

All primary team messages and means of communication will take place through the ojrwildcats.org website (Click on "Spring"..."Track and Field"..."Boys Middle School" or "Girls Middle School"). The meet schedule can be found there. To find any weekly updates, please click on the "News" Tab. The daily practice and meet calendars for March, April, and May can be found under "Team Files". This website will be updated on a weekly basis and during the week if adjustments need to be made. These messages include:

- Weekly practice and meet schedule
- Updates on changes to practice and meets if there is inclement weather

In the event of inclement weather, athletes should listen for announcements regarding practices or meets. The announcement will be posted on the ojrwildcats.org webpage and an email will be sent out to inform you as well. Email addresses will be gathered from the Emergency Procedure Form which are collected online when you turn in your physical.

The Track team has use of the gym from 2:30 - 3:00 on rainy, inclement days. Depending on the necessity of practice, the team may opt to use that time, in which case you can pick your child up at 3:30 PM.

Alternatively, practice or a meet may be canceled.

MEETS:

For competition, a different shoe is preferred (except in the shot put). They are called spiked track shoes, or "spikes" (usually only available at running specialty stores). They are not mandatory but do assist in performance. A helpful store to get spikes and other running gear is ALL KINDS OF FAST in Phoenixville, PA. The store's website is northwalesrunningco.com.

Athletes will be issued a uniform for meets. You may wear spandex shorts and a white t-shirt under your uniform. If you are on a relay team your spandex shorts and t-shirt must match (color) other members of your relay team.

Athletes must wear OJR red and white outer wear (over uniform) to meets. We are a team representing OJR. BE PROUD!

Dual Meets conclude by approximately 5:30 PM (depending on the size of the opposing team). For home meets all athletes must have a ride home by 5:30 P.M. They are to be picked up at the high school track (not the Middle School).

For away meets, students are to **have a ride home within fifteen minutes** of returning from an away meet or the conclusion of a home meet. If you are in attendance for away meets, you may sign your child out at the conclusion of the meet after signing out with one of the coaches. Otherwise, the buses will bring your child back to the OJR campus. Parents are not allowed to bring an athlete home who is not their son or daughter.

Athletes may compete in up to **three events** at meets. With the permission of the coach, you may participate in other events as exhibition (non-scoring).

Going to and from meets as well as during, you are representing the Owen J. Roberts School District. Your **effort** and **sportsmanship** will be noticed by others. Strive to give a **positive impression**.

TEAM & PERSONAL GOALS:

****A WINNING SEASON** **IMPROVE YOUR PERSONAL BESTS** **ENJOY THE SEASON****

CONDUCT:

The school rules for the student/athlete must be respected and adhered to by everyone. Inappropriate behavior or insubordination by the student athlete will not be tolerated and could lead to suspension from the team. Every athlete is expected to read the Athletic Department Handbook (on school website).

When you join the team, we hope that you will stick to your commitment. There will be tough workouts that are designed to prepare you to compete at your optimum level of ability. In return for your coaches' commitment to you, we ask only that you give your best to attain your best performance.

*This is a team sport - everyone should have fun, make friends, and cooperate. Therefore, bullying or harassing on the team will **NOT** be tolerated. If there are any issues, the coach will contact home and a possible suspension/expulsion from the team can result as a consequence.

Thank you students and parents/guardians! We look forward to working with your son or daughter!

Coach Faust

Coach Andrews

Coach Mellon

Coach Armstrong