

QUICK NOTES

Holt Rams Track & Field - 2020

REGISTRATION + FIRST DAY (WEEK) OF PRACTICE

Registration = Getting Signed-Up is a Two-Step Process

1. Sign-Up for Track & Field on FamilyID (www.familyid.com)
2. Go to the HHS Athletic Department to get your PARTICIPATION CARD.

- ✓ To get your Participation Card the Athletic Director and/or Athletics Secretary will:
 - Confirm Registration on Family ID.
 - Confirm Current MHSAA Approved Physical on File.
 - Eligibility Check.

Start Date = Monday - March 9th (Week #1 → March 9 - 13)

Time = 3:30 - 5:30 PM

Location = South Hallway Main Campus

- (Area between the Gym and Fitness/Wrestling Room)
- We will utilize the indoor track, outdoor track, field event areas, fitness (wrestling) room, and weight room during practice.

What to Bring / Information = What athletes have to have on their first day.

1. Participation Card
 - Athletes CANNOT participate unless they turn-in their PARTICIPATION CARD.
2. Running / Workout Attire
 - (Be prepared to workout outside and inside)

ACADEMIC STANDARDS:

Minimum Standards

1. Currently passing $\frac{2}{3}$ (67%) of their classes (4 out of 6 classes) → (passing grade = D-)
2. Have a minimum GPA of 1.67
3. Be ON TRACK to graduate with their academic class.

- ✓ ANY athletes who do not meet one or more of the above CRITERIA (minimum standards) will be placed on ACADEMIC INTERVENTION and will be required to complete WEEKLY PROGRESS REPORTS.

Academic Intervention

- ✓ Progress Reports are DUE every FRIDAY at 3:00 PM in the Athletic Office.
- ✓ Athletes on Academic Intervention who DO NOT turn-in their Progress Reports are INELIGIBLE.
- ✓ Athletes on Academic Intervention who turn-in INCOMPLETE Progress Reports are INELIGIBLE.

Athletes who DO NOT meet CRITERIA #1

- Are academically ineligible and are not able to compete until they meet the minimum $\frac{2}{3}$ (67% = 4 out of 6 classes) requirement.

Athletes who DO meet CRITERIA #1;

- but DO NOT meet CRITERIA #2 and/or #3 are able to compete ONLY if they turn in their PROGRESS REPORT.

TOP 5

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1. COMMUNICATION

- ✓ All Athletes (and Parents) must sign-up for BAND.
- ✓ This is our MAIN PLATFORM for communication.
- ✓ Use the following link = <https://band.us/n/a3a42aRfGaf0M>
- ✓ Or access sign-up on www.holtathletics.org (Track & Field tab).

2. PRACTICE

- ✓ Week #1 = 3:30 - 5:30 PM (More INFO on Page 2)
- ✓ Week #2 (and the rest of the season) = 3:30 PM - Dismissed (Event Groups)
 - ★ Practice will end no later than 5:30 PM

3. FEES

- ✓ Participation Fee = Paid to Athletic Department
 - ★ \$180 (one time per year) fee (\$90 for free/reduced lunch)
 - ★ \$360 family cap (\$240 for free/reduced lunch)
- ✓ Jersey Fee = Paid to Track & Field Program
 - ★ \$25 (per season) = White Uniforms in 2020
 - ★ Sell ALL TEN (10) Coupon Books = Jersey Fee Waived!
 - ★ Fee Deadline = March 23
 - ★ ALL ATHLETES must purchase their jersey top

4. FUNDRAISER INFORMATION

- ✓ Vertical Raise = Email Fundraiser
 - ★ Kickoff (March 9) - Blitz (March 12)
 - ★ You will get this information Week #1
- ✓ Adrenaline = Coupon Books
 - ★ Kickoff (March 16) - Blitz (March 23)
 - ★ You will get this information Week #2

5. EXPECTATIONS

- ✓ Be on time - stay until you are dismissed.
- ✓ Give your best effort each day.
- ✓ Be positive and have fun.
- ✓ Be a GREAT teammate and an even better PERSON.
- ✓ H.E.R.D. - Honor / Enthusiasm / Respect / Discipline.

COACHES CONTACT INFO:

Coach Mal
Boys Head Coach
rmalatin@hpsk12.net
Chat / DM on (BAND) - Coach Mal

Coach Watson
Girls Head Coach
jonathan.watson@hpsk12.net
Chat / DM on (BAND) - Coach Watson