



TRACK 2024



Scan the QR code above to join the band app for communications

TEAM APP FOR COMMUNICATION - BAND APP

Type this link into a browser and it will have you download the BAND app. You can also scan the QR code on page one - bit.ly/bandtrack24

You may need to type it again once the app has been downloaded. If you ran with us last year, it is the same Band App group - just be sure to have notifications turned on.

Contact (can use private chat on the app too)

CMS emails: cmsrunning@gmail.com warda@slcs.us (prefer chat on the app to Coach Montie/Ward)

MMS email: runmms@gmail.com

**You must have a physical on file
(dated after 4/15/23) to participate!**

Bring to the parent meeting, first practice, or give to coaches during the school day

FIRST PRACTICES:

Wednesday 3/20 - New runners only intro practice

Thursday 3/21 - Returning runners only practice

Friday 3/22- day off and last day to join

Monday 4/1 - Regular practices start for all

- **First Day:** Meet at the track. Bring all your things and especially your **PHYSICALS**. Practices run after school to 4 every weekday. CMS puts backpacks on the right side of the bleachers and MMS on the left. Athletes put their items in the bleachers then do not return to them until the end of practice. Bring water bottles down to the fence line.

MIDDLE SCHOOL TRACK DETAILS

Track is just around the corner! Please review the packet, complete the online registration and bring a physical, if not already turned in, to the **Parent Meeting** for both schools: **March 19 @ 4:30pm in the CMS Cafetorium**

We will need the following items before any athlete can begin practice.

- **Completed physical** – Dated after **April 15th, 2023**. If your athlete has participated in school sponsored sports during the 2023-2024 school year, we should have a copy on file.
- Online registration process completed (forms and payment: \$100)
 - <https://southlyon.revtrak.net/>
- Students need running shoes (spikes optional for competition)

Meets uniform - ordering is live until **3/23**

- Students must have a team t-shirt for use in competition
- **CMS - Red shirt** : bit.ly/cmstrackshirt24
- **MMS - Blue shirt** : bit.ly/mmstrackshirt24
- **The last day to order is _____March 23 by midnight_____ get your orders in quickly!**
- Required team jersey price is around \$16. Last names only on the back (included in the price) Let us know if there is a concern about the cost.
- Students **need** blue/black shorts appropriate for competition (compression shorts recommended for underneath)
- There are many awesome spirit wear options too! Hoodies, headbands, joggers, etc.

Contacts: Once set, you'll contact the coach in charge of your line up with meet/event questions or concerns. **Send a chat on the Band app to your line up coach with attendance or meet questions.**

CMS -	MMS - runmms@gmail.com
Brenton Montie - distance, relays - girls line up/attendance cmsrunning@gmail.com	Karyn Young - distance, relays
Aaron Ward - sprints, long jump - boys line up/attendance warda@slcs.us	Jaimie Blunt - high jump, sprints

When emailing or sending a chat, please put the purpose in the subject line: girls attendance, boys attendance, question, etc.

PRACTICE EXPECTATIONS

- Athletes are expected to attend all practices. If there is a conflict – parents send a chat via the app or **email the contact coach** beforehand.
- Athletes must follow the code of conduct and athletic code of conduct for the SLCS district.
 - Code of Conduct violations may result in dismissal from the team
- Athletes leaving school grounds without permission will be suspended.
- Students change in the locker rooms at their respective schools and take everything to the track. The buildings are not open after practice
- **MMS : Please pick your athlete up behind MMS - in the loop**
- **CMS : Please pick up your athlete in the CMS bus loop**
- Practice dress code: Sweatpants, sweatshirt, long sleeves are necessary for practice in order to prevent muscle injuries. Students **not dressed properly** may get injured.
- All athletes must have their own water bottle.
- Respect for coaches, teammates, opponents, and property is expected. Disruptive behavior or lack of effort may result in removal or suspension from the team.
- Unexcused absences may result in extra workouts to make up for the missed practice and three unexcused absences may result in dismissal from the team.
- Proper practice is necessary in order to be successful. It is expected that all athletes constantly strive for improvement!

MEET EXPECTATIONS

- **Please pick your child up behind MMS - in the loop - after all meets**
- Home meets take place at our track between CMS and MMS.
- We need MANY volunteers to help us continue to run efficient, quick meets. Please sign up to volunteer on the team app when it is sent out or contact a coach during the meet. Thank you in advance!
- Athletes will be transported to and from away meets by bus - WHEN AVAILABLE. Unfortunately, it has been very difficult to get busing the last couple years. As of this printing, we only have two regular away meets so most athletes will likely need to be driven. Priority will go to varsity runners (running in the first couple heats)
- If you are taking your athlete home from an away meet, but they rode the bus there, there is a form that must be filled out but the athlete is expected to stay until the end of the meet.
- It is expected that all athletes attend the entire meet to support their team and provide assistance when needed.
- Athletes who are absent from school may forfeit participation in the track meet.
- Athletes must follow the code of conduct for the SLCS district - ex: Athletes leaving school grounds without permission will be suspended.
- Sportsmanlike conduct is expected at all times. Behavior is VERY important. Remember who you are and who you represent!

Track Events

Each athlete competes in up to 3 events in a meet

ORDER OF EVENTS- Boys run first in even numbered years

Top 4 in a race score points for the team for individual races and run in the first two heats in tri meets. Only first place gets points in a relay. These would be what we call varsity runners.

Regular meet starts at 4 - there will be exhibition/JV heats before the meet at home meets. We can never be sure about away meets, but regular competition starts at 4.

- 4 X 800 RELAY (3200m relay): each runner runs 2 laps (1/2 mile each)
- 55 METER HURDLES: short distance hurdles
- 100 METER DASH: 1/4 lap - the front straightaway
- 4 X 200 RELAY (800m relay): each runner runs 1/2 lap
- 1600 METER RUN: (~1 mile) 4 laps
- 4 X 100 RELAY (400m relay): each runner runs 100 meters.
- 400 METER DASH: 1 lap
- 70 METER DASH: shortest race!
- 800 METER RUN: (1/2 mile) 2 laps
- 200 METER HURDLES: longer distance hurdles (1/2 lap)
- 200 METER DASH: 1/2 lap
- 3200 METER RUN: (~2 Miles) 8 laps.
- 4 X 400 RELAY (1600m relay): each runner runs 1 lap. Last race of the meet!

Field events start at 4 - run until finished. If you have a running event, sign in at the field event then tell them you have a running event. Return to the field event to complete it

- Shot Put: Boys throw 8 pound ball, Girls throw 6 pound ball
- Long Jump: Running fast, leaping off a board into sand pit
- High Jump: Running up to a raised bar, jumping over it, falling into foam pit (limited number can compete in a meet)

Important Dates

These are **subject to change** - the most up to date calendar will be on the app:

bit.ly/bandtrack24

Tuesday 3/19	Optional parent meeting at 4:30 @ CMS cafeteria (returners do not need to attend)
Wednesday 3/20	New runners only intro practice @ the track
Thursday 3/21	Returning runners only practice @ the track
Friday 3/22	No practice , enjoy Spring Break! Last day to join
3/23 at midnight	Last day to order team shirt and any spiritwear MUST GET THE TEAM SHIRT WITH LAST NAME ON THE BACK
Monday, 4/1	Regular practices for all athletes going forward - follow the app for details
TBD	Mock Meet, so longer practice - pick up will be at 5
Wednesday, 4/10	Home meet vs. White Lake
Monday, 4/15	Home meet vs. Oak Valley
Wednesday, 4/24	Home meet vs. Muir
Monday, 4/29	Team Pictures - wear team shirt and black shorts - if you do not wear your shirt you will not be in the photo. This practice may take longer than usual
Wednesday, 5/1	Away meet vs. Smart @ Walled Lake Northern High School
Wednesday, 5/8	Away meet vs. Geisler @ Walled Lake Western
Wednesday, 5/15	Home meet vs. Pierce
Thursday, 5/16	End of regular season party - shorter practice time - last day for some athletes
Wednesday, 5/22	LVC Conference Meet @ TBD - limited entries so not all will participate
5/23-5/29	Practices for Oakland County Runners only
Thursday, 5/30	Oakland County Championships - limited entries so not all will participate