

**THERE IS
NO TRAFFIC
ON THE 
EXTRA
MILE**

SOUTH LYON MIDDLE SCHOOL TRACK 2020

Track and Field

FIRST PRACTICE: Wednesday, March 18

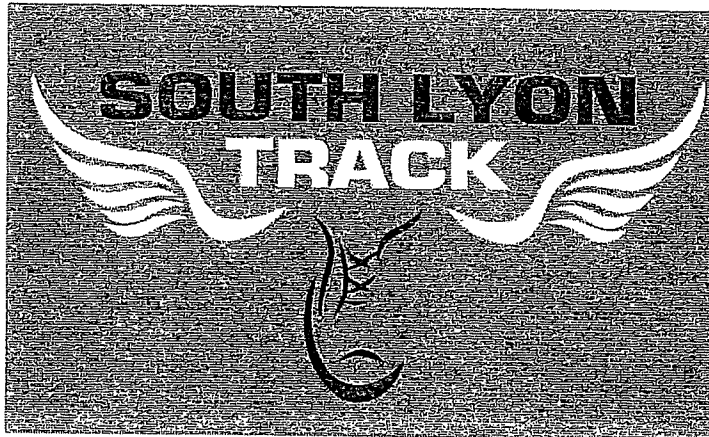
First Day: MMS meet @ MMS large gym, CMS meet @ CMS small gym - we will eventually travel to MMS.

Practices run after school to 4 every weekday. Coaches stay to 4:15 for extra help

- Parent meeting: 3/12/20 from 6-7PM @ CMS Cafetorium
- INFORMATION and FORMS WEBSITE
 - Calendar, forms, volunteer sign up, etc.

bit.ly/slcsrunning

- Contact
 - CMS email: cmsrunning@gmail.com
 - MMS email: runmms@gmail.com
- Communication Alerts: Band app
 - bit.ly/bandtrack20



You must have a physical on file
(dated after 4/15/19) to participate!

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

MIDDLE SCHOOL TRACK

Track is just around the corner. Please review the packet and return all paperwork, if possible, at the **Parent Meeting** for both schools: **March 12 @ 6pm in the CMS Cafetorium**

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

- **Completed physical** – Dated after **April 15th, 2019**. If your athlete has participated in school sponsored sports during the 2019-2020 school year, we will have a copy on file.
- The SLCS Participation Fee & Expectation Form
- The SLCS Athletic Participant Emergency Contact Form
- Check or money order payable to "South Lyon Athletics." **Must be turned in by 4/16/2020**
 - 6th Grade: \$45
 - 7th/8th Grade: \$100
- Students need running shoes (spikes optional for competition)

CMS and MMS compete in tri-meets as separate teams. We practice together and travel together.

Meets uniform

- Students must have a team t-shirt for use in competition ****links online and at the parent meeting****
- CMS - Red shirt bit.ly/SHIRTCMS20
- MMS - Blue shirt bit.ly/SHIRTMMS20
- **The last day to order is 3/22 get your orders in quickly!**
- Required team jersey is \$13. 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.

Coaches

CMS - cmsrunning@gmail.com	MMS - runmms@gmail.com
Brenton Montie - distance	Catherine Phelps - sprints/HJ
Aaron Ward - sprints/shot put/long jump	Andrew Davey - distance
Coach TBD	Denise Ulrich - sprints

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

PRACTICE EXPECTATIONS

There is no traffic on the extra mile

- Athletes are expected to attend all practices. If there is a conflict – parents email 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.
- Athletes who are absent from school may not participate in track that day.
- 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.
- 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 website or contact a coach during the meet. Thank you in advance!
- (7th and 8th) Athletes will be transported to and from away meets by bus. It is expected that all athletes attend the entire meet to support their team and provide assistance when needed.
- (7th and 8th) If you are taking your athlete home from an away meet, there is a form that must be filled out but the athlete is expected to stay to the end of the meet.
- Athletes who are absent from school may forfeit participation in the track meet.
- Athletes must follow the code of conduct for the SLCS district - 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!

Differences between 6th grade track and 7/8th grade track

- 6th graders only attend home meets unless invited to away meets due to performance or need
- 6th grade will have a lower pay to play fee.
- 6th grade runners may not compete in every event at home meets. While they may practice most events at practice, time constraints may limit them to certain events at meets.
- 6th graders, unless competing in a varsity race, will potentially have a different schedule of events.

Important Dates

These are **subject to change** - the most up to date calendar is on the track website:

bit.ly/slcsrunning

Monday, 3/12	Preseason parent meeting 6-7 CMS cafetorium
Wednesday, 3/18	First practice for all- bring paperwork, discuss the season
Thursday, 3/19	Only new 7th and 8th graders
Friday, 3/20	Only 6th graders
Sunday, 3/22	Last day to order team shirt and any spiritwear MUST GET THE TEAM SHIRT WITH LAST NAME ON THE BACK
Monday, 3/23	Return to regular practices for all athletes
Wednesday, 3/25	Running Lab event for our team - 3:30 - 10% off <i>4:00 - 7:00</i>
Thursday, 4/2	Tentative - Mock Meet, so longer practice - until 5:30
Thursday, 4/16	Away vs Geisler @ Walled Lake Western
Wednesday, 4/22	Away vs Pierce @ Waterford Mott
Wednesday, 4/29	Home vs White Lake
Monday, 5/4	Away vs Oak Valley @ Milford High
Thursday, 5/7	Home vs Smart
Wednesday, 5/13	Home vs Muir
Wednesday, 5/20	LVC Conference Meet - limited entries so not all will participate
Thursday, 5/28	Oakland County Meet - depends on qualification
TBD	Track clean up and end of season party

Other possible events: 6th grade meet, CMS vs MMS, Oakland County Championships, potential invites. We will update as we get information

MMS

MMS

SOUTH LYON COMMUNITY SCHOOLS ATHLETIC PARTICPANT EMERGENCY CONTACT FORM

First Initial Last Name: _____

Athlete Emergency Information

Athletes Full Name (First, Middle, Last): _____

Date of Birth: ____/____/____ Grade: _____

Home Address: _____

City: _____ Zip Code: _____

Health Insurance Company: _____ Policy Number: _____

Family Doctor: _____ Phone #: _____

1. Parent / Guardian: _____

Home #: _____ Work #: _____ Cell #: _____

2. Parent / Guardian: _____

Home #: _____ Work #: _____ Cell #: _____

In case of emergency, if you are unable to reach a parent/guardian, please contact:

Name: _____ Relation: _____

Home #: _____ Work #: _____ Cell #: _____

Parent/ Guardian Consent to Treatment

I, _____, the
(NAME OF PARENT/GUARDIAN)
undersigned parent/guardian of _____,
(NAME OF STUDENT)

a minor, do hereby authorize the South Lyon Community Schools athletic department director, coaches, athletic trainer or other school representative on my behalf to consent to ANY medical treatment deemed necessary by any licensed physician/surgeon in the event of illness or injury to the above-named minor.

This consent to treat is intended to cover any illness or injury sustained while participating in any school athletic competition or practice, on or off campus, and while traveling to and from the event.

If, in the judgment of any representative of the school, the above named student needs immediate care and/or treatment as a result of any injury or illness, I do hereby request, authorize and consent to such care and treatment as may be given to said student by any physician, trainer, nurse, hospital, or school representative, and I do hereby agree to indemnify and hold harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student. I hereby authorize any hospital that has provided treatment to the above named student to surrender custody of that student to the coach, athletic trainer, or other school representative upon completion of treatment.

These authorizations shall remain effective until the end of the 20____/20____ school year

Parent / Guardian Signature

Date

Signature of Student

Date

MMS

MMS

South Lyon Community Schools Athletic Department Participation Fee & Expectation Form

Parent/Athlete Expectations

The administration and staff of our school, LVC and MHSAA schools wish to make it clear that school sponsored sports are an educational activity. Athletes, parents, and friends must be aware of our school's expectations with regard to sportsmanship. Unlike professional sports, attendance at an educational activity does not entitle one to verbally abuse the contestants, coaches, officials or opponents. **As a spectator we expect that you will maintain good sportsmanship or refrain from attending athletic events.**

- * It is expected that as participants and spectators, we will support in a positive way our own team remembering that the athletes, coaches, and officials are not perfect and will make mistakes. Negative, derogatory cheers or actions aimed at either team are not acceptable in educational athletics.
- * It is expected that you will accept the decisions of the officials without vocalizing disagreement. Officials are an important part of an educational activity. We are sending the wrong message when we challenge or abuse the game official sent to our school to administer these educational activities.
- * At all times it is expected that we will respect one another, adults and students alike. This especially includes opponents and officials, without whose involvement, sports contests would not occur.

Code of Conduct

Athletes are expected to follow and abide by the rules of both the **Student and Athletic Code of Conduct**. The Student Code of Conduct remains in effect during all extra-curricular activities. The Athletic Code of Conduct is a **year round** document that applies to all student-athletes. It is the responsibility of the student athlete and their parents (guardian) to become familiar with the specific rules and regulations for each sport, additional rules set forth by the coach, as well as the general policies set forth by the Student and Athletic Code of Conduct. The Athletic and Student Codes of Conduct are both located in the student handbook. The Athletic Code of Conduct can also be found on the athletic website or in the athletic office.

Participation Fee

The interscholastic athletic programs offered by the South Lyon Community Schools are entirely voluntary programs based on activities outside a student's academic school day. The Athletic Department programs are part of the school's extra-curricular activities and afford students the privilege of participation in competitive interscholastic sports. As such, participation in athletics for the South Lyon Community Schools is a **privilege, not a right!**

High School Fee: \$180 per athlete, per sport.

Middle School Fee: \$100 per athlete, per sport.

Middle School 6th Grade Fee: \$45 (Home events only – Includes Cross Country / Track & Field)

1. **Check or Money Order only, payable to: South Lyon Athletics.**

****Please include athletes name in the memo box****

A FEE of \$40 WILL BE ADDED FOR ALL RETURNED CHECKS

2. **Online Payment(High School Only) <https://southlyon.revtrak.net/South-Lyon-High-School/#/list>**

3. **Fee must be paid BEFORE the first contest.**

After the first week, the athlete CANNOT play or participate until the fee is paid.

Refund Policy: Partial refund consideration will be given to individuals who are physically unable to complete the remainder of the season. Voluntary withdraw, lack of playing time, or disciplinary suspension will not be the basis for the refunding of fees.

I have read and understand the "Expectations", "Code of Conduct" and "Participation Fee" policies set forth by the South Lyon Community School District.

Signature of Parent/Guardian

Signature of Student Athlete

Athletes Last Name

Athletes First Name

() _____
Home Phone Number

MS FR JV VAR
Circle One

Sport

Fall Winter Spring
Circle One

20
Year

*Please turn this form and payment into the COACH. Please DO NOT staple checks/money orders to this form.

*If you wish to pay in cash, please do so at the athletic department office & obtain a receipt.