

## Parents and Student Athletes;

Coming soon - RMS Eagles Track & Field Season! Our program, emphasizing healthy lifestyles and sportsmanship, is a great opportunity to explore track and field and develop conditioning and skills which apply to all sports.

- We encourage students of all levels of experience and abilities to participate.
- We're willing to work around students' schedules to allow participation in other activities.

### Season Overview – All track meets are at Stocker Stadium

March 1 – March 16	Registration	
March 28 (Monday)	First day of practice	
April 12 (Tuesday)	Meet #1	3:45 pm
April 18 (Monday)	Meet #2	3:45 pm
April 26 (Tuesday)	Meet #3	3:45 pm
May 4 (Wednesday)	District Finals	1:00 pm / Field Events begin - 2:30 pm / Running Events begin
TBD	Awards Assembly	

Listed below are items which are **required prior to first practice** for participation (hoodie optional):

- Middle School Athletic Clearance Form
- Parent / Student Letter Registration Form
- Uniform Order form
- Fees
  - \$70 participation fee– delivered to office or paid online
  - \$14 for T-shirt – This will serve as the uniform for meets so it is **required**.
  - \$26-\$32 for hoodie (optional).

All forms and fees will be collected in the office. Please return the forms no later than March 16<sup>th</sup>. The first practice is March 28<sup>th</sup>. Thank you for your cooperation. We are very excited about this up-coming season! We feel that we have the talent and motivation to repeat as District Champs

RMS Track & Field Coaches    Max Robinson, AD    Jory Sorensen, Principal

## **RMS TRACK & FIELD**

### **Team Protocol**

#### 1. Practice:

- 3:20 – 4:30 (Practice typically ends around 4:15. Athletes should be able to be picked up by 4:30)
- Monday - Friday
- There may be modifications / cancellations due to weather
- Be prepared for cold - plan ahead.
- Bring a water bottle.
- On-going expectation to listen to / respect all squad leaders and coaches.**

#### 2 Attendance

- Absences
  - If a student has an excused absence on the school attendance for the day they missed, a note is NOT required. Otherwise a note explaining the absence is required from the parent/guardian
  - Two unexcused absences – the athlete will NOT be able to participate in the next meet.**
  - Four unexcused absences – athlete will be dropped from the team**
- Early dismissals from track must be excused with a note from the parent/guardian

### 3. Meets

#### a. Prior to meet

- i. Make sure your name is on all of your belongings
- ii. Report to gym/quickly dress out and sit next to your leader
- iii. Appropriate bus behavior
  - a. Quiet/respectful behavior
  - b. Spend time visualizing successful completion of your events
  - c. Keep bus clean
- iv. Team leaders will set up camp in the bleachers. Stay in that area during the meet unless you are competing
- v. The entire team will take a warm up lap on the coaches' signal
- vi. Team stretching and form running. (Demonstrate enthusiasm).
- vii. Team huddle in mid-field for last minute instructions.

#### b. Bleacher Behavior

- i. Be supportive at all times. Cheer on your teammates whether they are first or last.
- ii. Eat healthy foods. No junk food. Students are expected to follow nutrition guidelines for meets. Pretty much, if it comes from the concession stand, it does not comply with the nutrition guidelines.
- iii. Watch the track meet, not the baseball game.
- iv. Listen and be respectful to coaches or parent volunteers.
- v. Keep your bleachers area clean.

#### c. Events

- i. After you finish your race, stay in your lane until timers tell you to leave. Return back to the bleachers or report to your other events
- ii. When checking in for your relays, make sure your entire team is accounted for. The starter should get the baton from the relay coach. Get tape to mark your exchange positions.
- iii. Anchor person must wear the team's sticker and return the baton to the bag after the race.
- iv. Each relay member should stay in your lane until all teams have passed.
- v. Always listen to the track clerk for instructions.
- vi. If you are in a field event and have to leave for a race, check out first and back in when you return.
- vii. **When leaving the meet, it is extremely important to check out. There are consequences for not checking out.**
- viii. Make sure you clean up our bleacher area. Leave no trash behind for others to pick up.
- ix. Demonstrate good sportsmanship to our team and others

#### d. Transportation is only provided **to the meet.** Arrangements must be made **in advance** to get students home after a meet.

### 4. Injury

#### a. Any injury involving suspected concussion symptoms must be evaluated by a doctor

- i. Students which have a diagnosed concussion must comply with district concussion protocol which includes a reevaluation before athletes are permitted to resume practice and competitions
- ii. Injured athletes may still attend practices in a support role with parent and doctor permission
- iii. Please make every effort to ensure long term well-being of the athlete
- iv. We request clear communication of doctor / parent recommendations pertaining to recovery of injuries

### 5. Equipment

- a. Recommendations for personal equipment (i.e. shoes) may be given as a suggestion to improve performance. An athlete will not be denied the opportunity to participate as long as their equipment permits them to safely participate in an event.
- b. Students will be held accountable for destructive treatment of any school district property/equipment

### 6. Code of Conduct

Athletes are encouraged to fulfill the True Sport Code of Conduct to the best of their abilities.



**TrueSport**

RMS Track & Field Families – Please read and discuss these codes and sign the registration form acknowledging your understanding and commitment to demonstrate these attributes.

## Athlete Code of Conduct

As an athlete, I understand I have made a commitment to my sport as well as to my fellow participants, coaches, fans, and myself. Through my participation in sport, I make a commitment to understand what it means to take responsibility for my behavior, to live with integrity, and to persevere and embrace the ideals of sportsmanship. It is my role to act as an ambassador to my sport and to demonstrate and inspire TRUE SPORT in my life. As a True Sport athlete, I agree to:

- ❖ **Grow to Lead** - Challenge myself, strive for excellence, and lead by example.
- ❖ **Fair Play or No Way** - Play with respect for others and for the game.
- ❖ **Be Courageous** - Stand up for what is right both in sport and in life. By sticking to my principles, I help make sport better.
- ❖ **Practice Humility** - Take pride in how I behave; I will win with grace and lose with dignity.
- ❖ **See Further Than Today** - Discover through sport that the future is full of possibility, focus beyond today's finish line, and celebrate progress as well as results.
- ❖ **Believe in Better** - Continually improve in sport and in life through hard work and dedication.
- ❖ **Keep it Real** - Focus on having fun and not be afraid to fail; Healthy competition can help me discover what I am capable of accomplishing.
- ❖ **Achieve More** - Always play to win the game, but know that competing fairly and celebrating progress in addition to results makes you truly victorious.

## Parent Code of Conduct

As a parent, I understand that I am a vital part of my child's support network. It is my responsibility to be a role model for my child as well as his/her fellow participants of the game. I will be respectful of all participants, coaches, and fans and will instill positive values and lessons in my child by embracing good sportsmanship and acting with integrity. As a True Sport parent, I agree to:

- ❖ **Grow to Lead** - Be a role model for my child and encourage good sportsmanship by demonstrating positive support for all players, coaches, fans, and officials at games, practices, or other sporting events, while refraining from behaviors that will negatively affect my child
- ❖ **Fair Play or No Way** - Demonstrate respect for the game and rules of competition, coaches, officials, fellow parents, and children
- ❖ **Be Courageous** - Stand up for what is right, both in sport and in life, and encourage my child to do the same, stressing the importance of having a moral and ethical foundation on which to stand
- ❖ **Practice Humility** - Instill confidence in my child and model how to win with grace and lose with dignity
- ❖ **See Further than Today** - Understand that through sport my child should learn the characteristics of responsibility, respect for others, work ethic, and sportsmanship - traits that will carry over, beyond today, from the playing field into life
- ❖ **Believe in Better** - Support my child's passions in sport which translate more broadly in life, and consistently stress the importance of hard work in achieving goals
- ❖ **Keep it Real** - Contribute to creating an environment where the focus is on having fun, while emphasizing the importance of the participants trying their hardest, even if it leads to failure
- ❖ **Achieve More** - Not make winning the only priority, but instead celebrate progress as well as results, stressing that competing fairly and with respect makes one truly victorious

**Redlands Middle School Track & Field  
REGISTRATION FORM**

**Athlete Name** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Please Print Clearly**

**Track fees**

Participation Fee \$70.00 (required) ☐ Check if paid online  
Sport: **Track**

Uniform \$14 \$\_\_\_\_\_ (required)

Hoodie \$26 - \$32 \$\_\_\_\_\_ (optional)

Total enclosed

\$

**Team Protocol Acknowledgment and Code of Conduct**

**Athlete**

\_\_\_\_\_ has read and understands the expectations outlined in the RMS Track & Field Team Protocol. I have read the principles outlined in the True Sport Code of Conduct. I understand that by adhering to these principles I will not only become a better athlete, but will also motivate others to act in the same manner.

\_\_\_\_\_  
Athlete signature

\_\_\_\_\_  
Date

**Parent(s)**

\_\_\_\_\_ and \_\_\_\_\_ has(have) read and understand(s) the expectations outlined in the RMS Track & Field Team Protocol and have read and understand the principles outlined in the True Sport Code of Conduct.

\_\_\_\_\_  
Parent / Guardian 1 Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent / Guardian 2 Signature

\_\_\_\_\_  
Date

**REGISTRATION INCLUDES:**

1. REGISTRATION FORM (This page)
2. RMS TRACK ORDER FORM (T-shirt / sweatshirt order)
3. MIDDLE SCHOOL ATHLETIC CLEARANCE FORM
4. PAYMENT (Checks payable to RMS Track)

*Please place in envelope or staple together*