



# River City Science Innovation



## Track Team

You have made a great decision to join track team.

You will need to know the following:

- Track team is for 6<sup>th</sup> through 8<sup>th</sup> grade
- Practices will be Monday, Wednesday, and some Fridays from 3:00pm-5:00pm and some Saturdays
- Sports physicals due January 18th to compete in the meets
- You will have to supply good running shoes and plenty of water
- We will be running off campus long distances
- **Parent Meeting January 18<sup>th</sup> at 6:00pm. Please plan to attend**

### **List of events: we will do girls and boys separate events**

100—100 yard dash 1 quarter of the track

1600—4 times around the track long distance 2 miles

4x100—every team member will run 100 meters passing the baton

400—1 lap ½ mile

800- 2 laps 1 mile

200- ½ the track sprint

4x400—each member of team will run 1 lap passing the baton

Discus throw, shot put, long jump

- We will have team events for both boys and girls teams
- A week before the meets we will have try-outs for the events
- Everyone may not participate in the meets depending on grades, behavior, and attendance to practices



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### **Uniforms: MUST have by January 18<sup>th</sup>, 2019**

- Issued uniform
- Running shoes
- Warm-up jacket
- Dark gray sweat pants to wear over shorts.

There will be at least 8 to 10 meets where the students will leave school in last period and you will be required to pick them up at the meet once it is over.

### **Track will NOT interfere with basketball!!!!!!!!!!!!**

Track team fee is \$100.00 to cover all the entrance fees for the meets and warm-up jacket with name on the back. Uniforms will be supplied and will returned at the end of the season. If they are not returned a fee will be charged of \$50.00 to replace them.

Try-outs will be in December before winter break so that when we return we can get started immediately perfecting out sport.

### **Spirit wear**

Spirit wear will be available for purchase. Link TBA at parent meeting

I am SUPER EXCIED and look forward to a great season!!!

Coach Edwards

ledwards@rivercityscience.org



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**Intent for Track Due November 30, 2018**

**Student name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**Parent name:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

**Yes:** \_\_\_\_\_

**NO:** \_\_\_\_\_

**My child will/will not participate will be available for the try-outs on December 10<sup>th</sup> through the 14<sup>th</sup> from 3pm to 5pm each day. If they have basketball they can come after practice gets over at 4:00**

**If not available on specific days please list below and reason**

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Uniform Size and Fee Form

**Sizes Due January 11, 2019**

Student name: \_\_\_\_\_

Grade: \_\_\_\_\_

Top size: \_\_\_\_\_

Short size: \_\_\_\_\_

Warm-up size: \_\_\_\_\_

**Fee schedule: circle the method that applies MUST BE PAID TO COMPETE**

Full payment enclosed : \$100.00

Partial fee enclosed: **12-21-2018** \$50.00

Balance due: **January 18, 2019** \$50.00

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

**Please return to Mrs. Edwards ONLY. I will write receipts for monies given.**



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