



EDISON TRACK 2025 EXPECTATIONS & PROCEDURES

Edison Panther Track & Field is back in action! Your coaches, Ms. Brezwyn (8th Grade Girls), Mr. Grace (7th Grade Boys), Mrs. Braun (7th Grade Girls), and Mr. McAuslan (8th Grade Boys) are beyond excited to get started with the season! If you have any questions please do not hesitate to contact any of the coaches. Below you will find some important information regarding the 2025 season. Please be sure to sign up for Remind, as that will be the main form of communication this season.

REGISTRATION

Make sure you are registered in Family ID - on the Edison website → Athletics → Track and Field. The Family ID registration includes registration information, an athletic agreement, and concussion form. Make sure your current updated sports physical is uploaded in Family ID. You must have a completed registration in Family ID prior to participating in practice. Athletic fees will be posted in PushCoin. Checks made payable to "Edison Middle School" may be brought to the office.

PRACTICE ATTENDANCE

Practices will be held every day after school from 3:10-4:10. Students are expected to attend practice everyday. Students need to schedule other activities around the track schedule. Student athletes must attend at least part of practice prior to a meet and check in with their grade level coach. Students need to practice quality communication skills to ensure that coaches can assign events and prepare for meets. All absences must be communicated to your grade level coaches. Students will have practice on the day of meets and will be transported to the meet from school.

ELECTRONIC DEVICES

All electronic devices (cell phones, Chromebooks, Apple Watches, Air pods, etc.) ***should be turned off and stored away in student backpacks during practice time (3:10pm - 4:10pm).*** Listening to music with headphones or air pods is NOT allowed during practice.

BUS TRANSPORTATION

Practices: Bus riders should plan to take the 4:15 Activity bus home after practice Mondays-Thursdays only. Friday practices will be held after school, if you cannot attend due to transportation, we recommend you carpool with a friend. As a last resort, if you cannot make it, be sure to inform your grade level coach by Thursday.



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Meets: Buses will be available to transport your child to and from all of our meets. Pick up will be at Edison Middle School. If you are taking your child from the meet we ask that your child checks out with their grade level coach at the meet.

GOOGLE CLASSROOM

The Edison Track & Field Google Classroom code is **5q4tm7y6**. Please make sure you join this for all the essential information.

REMIND

We will be using Remind to communicate any changes, updates or cancellations. **Sign up by sending a text to 81010 with the message @4f69c8f**

<u>How Practice Will Be Run Everyday</u>	
<u>Time Frame</u>	<u>Activity</u>
3:10 pm-3:15pm	Attendance taken by Grade Level Coach in gym, warmup lap, stretches
3:15pm-3:30pm	Grade Level Coach facilitates running workout within grade level groups
3:30pm-3:35pm	Transition time to Small Event Groups (High Jump Tue and Thursday ONLY)
3:35pm-4:10pm	Event Groups until end of practice

<u>Warm Up Stretches Done Everyday</u>	
1. Cross leg bend	6. Knee hugs
2. Ice Cream Scoops	7. Butt Kicks
3. Lunge and twist	8. Sit on ground
4. Side Lunge	↳ One leg in and one leg out/reach
5. Toe Touches	9. Both legs straight and reach for toes



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<u>April 2024</u>				
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7 1st Practice Expectations Review	8 Practice-Grade Level Rotations	9 Practice-Grade Level Rotations	10 Practice-Grade Level Rotations	11 Practice-Grade Level Rotations
14 Practice-Event Groups	15 Practice-Event Groups	16 NO PRACTICE-STUDENT VS STAFF VOLLEYBALL GAME	17 Practice- Lineups for Monday's Meet	18 NO SCHOOL/NO PRACTICE
21 Meet vs Glenn Westlake (GEHS @ 4:30)	22 Practice-Event Groups	23 Practice-Lineups for Thursday's Meet & Event Groups	24 Meet vs. Glenside (WWSHS @ 4:30)	25 Practice-Lineups for Monday's Meet & Event Groups
28 Meet vs. Hadley (GWHS @ 4:30)	29 Practice- Event Groups	30 Practice- Event Groups		



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May 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			1 Practice-Lineup for Friday's Meet	2 City Meet (WNHS @ 4:30)	3
5 Practice-Event Groups	6 Practice-Line up for Tuesday's Meet & Event Groups	7 Meet vs. Jay Stream (WWSHS @ 4:30)	8 Practice-Event Groups	9 Practice-Line up for Monday's Meet & Event Groups	10
12 Meet vs Leman (WCHS @ 4:30)	13 Practice-Event Groups	14 Practice-Event Groups	15 Practice-Line up for Saturday's Meet & Event Groups	16 Practice-Event Groups	17 Conference Meet (WNHS @ 1:00)