

# MME Activities & Athletics

## BOYS AND GIRLS TRACK - SPRING 2025



Schedule	March 24th to May 23rd from 4-5.30 pm, M- F
Informational Meeting	<b>Google Meet information</b> - <u>Thursday, March 20th @ 4.30pm</u> - google meet code: <a href="https://meet.google.com/xqd-vmrz-kpsl">https://meet.google.com/xqd-vmrz-kpsl</a>  <b>SEE SCHOOLOGY GROUP PAGE FOR THIS PRESENTATION IF YOU CANNOT ACCESS IT VIA THIS LINK:</b> <a href="#">MME Track and Field</a>
Location	MME and various sites for meets
Fees	\$50 participation fee and \$60 track fee. (Note: The participation fee is paid only once per year for as many activities as a student wishes to participate.)
Coaches	Jessica Stock, Head Girls' Coach, <a href="mailto:jessica.stock@minnetonkaschools.org">jessica.stock@minnetonkaschools.org</a> Jeremiah Jones, Head Boys' Coach, <a href="mailto:jeremiah.jones@minnetonkaschools.org">jeremiah.jones@minnetonkaschools.org</a>
Registration Deadline	<b>April 11th, 2025</b> - opens March 4th
Refund Policy	REFUND POLICY: 1. Injury - Refund prorated. 2. Ineligibility - No refund as students may continue to practice. 3. Quit /Withdrawal from team - Up to 1st contest/game = 75% refund. After 1st contest/game = no refund.

# Welcome to MME Track!

Our program is geared for students of all ability levels. Coaches emphasize skill development, continuous improvement, having fun and making new friends. We're looking forward to a great year!

- **Before** you can practice you need to **Register FULLY for TRACK** – scroll down for details. Registration for track will open on March 4th .

In order to register you will need to have the following sports physical on file for your student(s):  
<https://www.mshsl.org/sites/default/files/2022-08/SQPE%20Physical%20Form%2022-23.pdf>

If you think the form is already on file at MME, email Ruth Galvan to confirm it has not expired at [Ruth.Galvan@minnetonkaschools.org](mailto:Ruth.Galvan@minnetonkaschools.org)

If the form is not on file at MME, you can print it and have it completed at a doctor's office or wellness clinic. When complete, e-mail or Fax it to Ruth Galvan - see details in the REGISTRATION section. SCHOOLGY PAGE To keep up to date with information and announcements, join our Schoology **GROUP (not course)** using code 3DM2-NZHN-C6JCR - this is the group, so please make sure you join. This is how coaches will communicate with students and families - we will not be sending out emails as we want to have one mode for communication so that messages are consistent. Download the Schoology app and ask your student if you need help.

## Practices

Practice starts after school on Monday, March 24th. Thank you for making arrangements to be picked up on time at 5:30 PM after practice! You are expected to attend track at least four days a week. If you will have conflicts (music lessons, other sports) please talk to a coach before joining the team. Please bring in a written note from a parent explaining any previous commitments/conflicts. The Track season runs through May 21st. All students are expected to work hard at practice and participate agreeably in all track activities, including warm-ups, stretches, and strength exercises. Please bring a water bottle daily.

## Uniforms

Please dress for the weather and plan to run outside daily, even if there is rain (or snow!!). Team uniforms (running top) will be issued to all students who have turned in all forms and fees. Optional MME Track Team T-shirts and sweatshirts will be available for individuals to purchase. Order forms will be distributed the first week of practice.

## Meets

Meets are approximately once a week. We will know shortly when meets will start, usually a few weeks after practice has begun, we will start having meets.

See the schedule (when published mid-March), for meet information:

[http://www.classicmsjh.org/g5-bin/client.cgi?G5genie=276school\\_id=4](http://www.classicmsjh.org/g5-bin/client.cgi?G5genie=276school_id=4)

- Click on the 'View Schedules' box, then check the appropriate activity and 'view'.
- The schedule will open in a new window – click on a location for the address and a map
- Close the schedule window and in the original window, click on the 'notify me' tab'; login or create an account, then follow the prompts so you can receive emails and/or text messages to notify you of upcoming matches and schedule changes or cancellations.

Athletes are expected to attend every meet. If you will have repeated conflicts (music lessons, other sports) remember to talk to a coach ***before*** joining the team. **We usually provide buses to away meets but cannot guarantee transportation at this stage. It is possible that families will need to arrange transportation to and from away meets..** Meets start at 3:45 PM and usually last about two hours; some meets at MHS start at 4.30pm. In the event we can secure bses, for meets at Minnetonka High School, athletes will need to be picked up at the high school as there is no return bus from MHS.

The order of events at each meet is:

- Hurdles
- 1600 Meters
- 100 Meters
- 4X200 Relay
- 400 Meters
- 4X100 Relay
- 800 Meters
- 200 Meters
- Sprint Medley

Field Events can be participated during the running events

- High Jump
- Long Jump
- Discus
- Shot Put

#### Parent/Student Responsibilities on Meet Days

- Parents may take their child home from the meet but need to connect with the head coach before leaving so we know that every child has been picked up or is riding the bus. If your child will be riding home with another adult, ***written*** permission stating this.
- Because students miss their 7<sup>th</sup> hour class on meet days, THEY are RESPONSIBLE for making up any/all classwork and homework they miss!

#### Coach Contact Information

Jessica Stock, Head Girls Coach, [jessica.stock@minnetonkaschools.org](mailto:jessica.stock@minnetonkaschools.org)  
Tel: (952) 401-5273

Jeremiah Jones, Head Boys' Coach, [jeremiah.jones@minnetonkaschools.org](mailto:jeremiah.jones@minnetonkaschools.org)  
Tel: 952 401-5400

# Registration

**Registration will be open from March 4th to April 11th**

To register you need to do the following:

1. If you have not already done so, please read the information above from the coaches.
2. You cannot register your student for athletics **until this particular MSHSL physical form** is on file at MME:

<https://www.mshsl.org/sites/default/files/2022-08/SQPE%20Physical%20Form%202022-23.pdf>

- a. If you think the form is already on file at MME, email RUTH GALVAN to confirm it will not expire before the end of the season at: [Ruth.Galvan@minnetonkaschools.org](mailto:Ruth.Galvan@minnetonkaschools.org)
  - b. If the form is not on file at MME, you can print it and have it completed at a doctor's office or wellness clinic. When complete, e-mail or fax it to RUTH GALVAN in the main office - fax number is 952-401-5268
3. It can take up to 24 hours for the system to update and upload the physical. Once the physical is on file and in the system, you can complete registration here, which includes paying the \$50 participation fee and \$60 track fee (boys or girls) - **be sure to select MME on the registration page, not MMW or MHS.**  
<https://1976a.cf.wordwareinc.com/>
  4. *You will receive an email confirmation* once you have fully completed the registration process. If you do not receive the confirmation, or have questions, you can email RUTH GALVAN or call her on 952-401-4180

**IN ORDER TO PRACTICE, YOU MAY NEED TO SHOW YOUR REGISTRATION EMAIL RECEIPT TO YOUR COACH. YOU CAN SHOW IT ON YOUR MOBILE DEVICE OR BRING A PRINTED COPY WITH YOU TO YOUR FIRST PRACTICE**