

Coopersville Area Public Schools

Athletic Department

198 East Street, Coopersville

Michigan 49404-1290

Phone (616) 997-3524 FAX (616) 997-3525

March 3, 2025

Dear Parents,

We are very happy to welcome your student athlete to the Coopersville Middle School Track team for this spring season! We are excited about the opportunity to work with your student athlete this season. Here are the goals for this season:

1. Learn the fundamentals of working on a team, running, and field events!
2. Have Fun!
3. Compete!

Our daily practices will be right after school, see the [Practice Schedule](#) for specific times. Any exceptions to this will be communicated via the Remind app, so please make sure that you get signed up for up to date communication from the track coaches ([see the following page for sign up info](#)). Each athlete needs to have weather appropriate workout clothes and running shoes to change into. This means they will need warm clothes for the start of our season (sweats, gloves, hats). Layers are advised as we may end up inside. Please also encourage them to bring jackets to our early track meets! They will need black shorts for their uniform, jersey tops are provided. Track spikes are optional.

Please pick up your athlete from the track (on good weather days) or middle school (bad weather days) **promptly** after practice is finished. In case of inclement weather and practice is not canceled, we will practice indoors at the middle school.

There will be bussing to and from away meets. Children whose parents attend the meet should **not** take the bus home. Sign your child out with a coach before you leave!

Spring is a very busy season and there are many obligations and events that come up, and may hinder your athlete's attendance at practice and/or meets. Please communicate any prior commitments so that we can make appropriate plans. Athletes must be at school at least half of the day to participate in practice/meets. If an athlete skips a practice they may not be allowed to participate at the next meet. Proper behavior at meets and practices is essential to our team's success and is required for all team members. Poor attendance or behavior may also result in removal from the team.

Our contact information is below and we will do our best to accommodate all student athletes with conflicting schedules. The best form of communication will be through the Remind app. We will be able to answer any questions and relay information to you faster than with email.

Elly Holman
Middle School
Girls' Head Coach
eholman@capsk12.org

Lyn DeCarlo
Middle School
Boys' Head Coach
ldecarlo@capsk12.org

Becky Flagg
Middle School
Assistant Coach
Beckyruth1012@gmail.com

Miriam Papageorgio
Middle School
Assistant Coach
mpapageorgio@capsk12.org

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This season we will be using the app Remind to communicate updates to parents. Please join to receive up to date communication regarding practices, meets, etc.

Instructions for how to join (for girl parents):

1. Send a text to: 81010
2. Text this message: @4fk8k

OR

Download the "Remind" app and create an account, use the same information above to join our group!