

Middle School Track and Field 2020

Coaches:

Erica Ball

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Registration **must be completed** in order to practice with the team! (All paperwork should be completed electronically on Family ID under the Chariho athletic's page)

Practices are held **Monday, Tuesday, Wednesday and Thursday** from **2:30-3:30**. The team meets in the field in front of the middle school entrance. Late bus passes will be available to students who must leave early or who do not have a ride available for 3:30 pick up time. Please notify coaches before the start of practice if a pass is necessary or if you are leaving practice early. There will be no practice on early release days.

All students should come to practice dressed with water bottles filled, ready to begin.

Please notify a coach if you will be absent from practice or a meet. Athletes can not miss more than 1 practice in between meets in order for them to compete in the upcoming meet.

Athletes must compete in a minimum of 3 meets and meet the qualifying standards **twice** set by RIPCOA in order to qualify for the state meet.

All schedules, meet information, directions and team information can be found on both the RIPCOA website and the Chariho athletic website. The coaches will also use google classroom to communicate with the athletes. The team will be using the "**Remind**" app for communication regarding the above information as well as cancellations and changes. Instructions for accessing remind team information is listed below:

On your cell phone:

Text the message: **@eball2018** to the phone number: **81010**

OR...

Website URL: <http://rmd.me/b?rid=46198307>

CMS Team Website: <http://charihogirlsindoortrack.yolasite.com/>

Google Classroom Code: ez76bp

