



Einstein Middle School: Track

Middle School Track Team Expectations

Welcome to the Track Team! 🏃‍♂️ 🏃‍♀️

Practice Schedule & Attendance

- * Practices are Monday through Thursday, 3:35 PM - 5:00 PM, Friday 3:35-4:30
- * Students will be expected to be in the gym by 3:35 (for indoor) or on the track by 3:40 (for outdoor)
- * Athletes must attend all practices unless they have an excused absence
 - Valid excuses include illness with parent contact, doctor or dental appointments, or academic meetings, competitions, or performances
- * 1st unexcused absence: athlete will not be guaranteed an event for the meet.
- * 2nd unexcused absence: athlete will not participate in the following meet
- * 3rd unexcused absence: athlete will not participate in the following 2 meets.
- * 4th unexcused absence: athlete will be dismissed from the team.

Academic Requirements

- * Students are not allowed to participate if they have one or more F's.
- * Inform coaches if academic help is needed

Sportsmanship & Behavior

- * Show respect to coaches, teammates, officials, and competitors
- * Support and encourage teammates
- * Demonstrate good behavior in school and at meets
- * Represent our school with pride
- * If you are not showing good sportsmanship the following consequences will be upheld:
 - 1st offense/talking to: athlete will not be guaranteed an event for the meet.
 - 2nd offense/talking to: athlete will not participate in the following meet
 - 3rd offense/talking to: athlete will not participate in the following 2 meets.
 - 4th offense/talking to: athlete will be dismissed from the team.



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Coaches' Expectations of Athletes:

- *Increase each student athlete's level of proficiency in a variety of track skills and events.
- *Promote good sportsmanship and character development
- *Promote a positive self-esteem, and attitude, which leads to lifelong health habits.
- *Promote team building among peers, increase level of responsibility, and develop inter and intra-personal skills.

Event Selection Procedure:

- *The track team has approximately 160 athletes.
- *Events will be divided as evenly as possible, but there are limited spots for each meet.
- *Students will submit their 1st, 2nd, & 3rd choice for events. As a head coach our goal is to have every athlete participate, so first and second choices are not always guaranteed when there are limited heats.
- *An understanding of track fundamentals, team play, ability, work ethic, attendance, and attitude will be considered by the coaches when assigning events.

Health & Safety

- * Eat a healthy lunch on practice days
- * **Stay hydrated throughout the day**
- * Report any injuries immediately
- * Get adequate sleep (8-10 hours recommended)

Meet Participation

- * Wear complete team uniform
- * Parents: Bussing will be provided to away meets. If you want to bring your athlete home **YOU MUST SIGN THE SIGN OUT SHEET!** It has to be a PARENT or LEGAL GUARDIAN

Parent Involvement

- * Complete all required permission forms prior to the first full week of practice
- * Communicate with coaches about questions
- * Communicate if there are schedule conflicts as early as possible
- * We recommend parents stay on the outside of the track for running events (unless to sign out athletes or emergencies). Students are able to come outside the track if need to communicate with.



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Communication

- * Team updates sent via email and through remind
- * Weather cancellations for practice will be announced by 1:00 PM or earlier. Weather cancellations for meets will be announced by 2:00pm or later
- * Contact head coach for urgent matters

MEET INFORMATION

Event Order

- * 4:15 pm start for running events
- * (Order for each heat: 7th grade girls, 8th grade girls, 7th grade boys, 8th grade boys, unless otherwise noted)
 1. 100 Meter Hurdles
 2. 100 Meter Dash
 3. 1600 Meter Run (7th/8th girls first heat 7th/8th boys second heat)
 4. 4 x 100 Meter Relay
 5. 400 Meter Run
 6. 200 Meter Dash
 7. 800 Meter Run (7th/8th girls first heat 7th/8th boys second heat)
 8. 4 x 200 Meter Relay (7th/8th girls first heat 7th/8th boys second heat)

Running Event Rules

- Athletes must check in with the bullpen by second call.
- The 800M & 1600M will have a waterfall start. 7th and 8th graders will run together.
- Hurdles Use low hurdles for both girls and boys.

Important Note

Success in track requires dedication, consistent practice, and a positive attitude.

We're here to help athletes develop their skills while having fun and building lasting friendships!

Remember. Every athlete develops at their own pace - focus on personal improvement rather than comparing yourself to others. 



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APRIL				
31 FIRST Practice 3:35-5:00	1 Practice 3:35-5:00	2 Practice 3:35-5:00	3 Practice 3:35-5:00	4 Practice 3:35-4:30
7 Practice 3:35-5:00	8 Practice 3:35-5:00	9 Practice 3:35-5:00	10 Practice 3:35-5:00	11 OFF
14 Practice 3:35-5:00	15 Practice 3:35-5:00	16 Practice 3:35-5:00	17 4:15 BOYS@HOME GIRLS @MADISON	18 OFF
21 Practice 3:35-5:00	22 Practice 3:35-5:00	23 Practice 3:35-4:30 (Whenever pictures are done) PICTURES DAY	24 4:15 MEET @HOME Against KA	25 Practice 3:35-4:30
MAY				
28 Practice 3:35-5:00	29 Practice 3:35-5:00	30 Practice 3:35-5:00	1 4:15 MEET @HOME Against Wilson	2 Practice 3:35-4:30
5 Practice 3:35-5:00	6 Practice 3:35-5:00	7 Practice 3:35-5:00	8 4:15 MEET @ Madison Against Madison	9 Practice 3:35-4:30
12 Practice 3:35-5:00	13 Practice 3:35-5:00	14 4:30 CITY MEET @NORTH		



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How to Contact Us?

Use remind! We highly recommend parents signing up for the whole team group and students joining individual teams to receive practice updates if needed.

Boys Team Remind

Pick a way to receive messages for **BOYS Track 2025**:

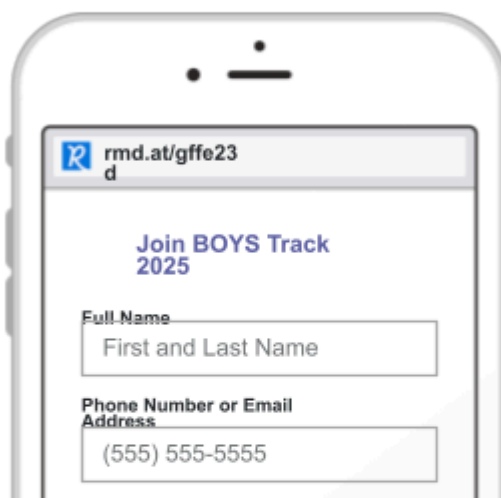
A

If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/gffe23d

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B

If you don't have a smartphone, get text notifications.

Text the message [@gffe23d](https://t.me/gffe23d) to the number **81010**.

If you're having trouble with **81010**, try texting [@gffe23d](https://t.me/gffe23d) to **(415) 749-9892**.

* Standard text message rates apply.





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Girls Team Remind

Pick a way to receive messages for **GIRLS Track 2025**:

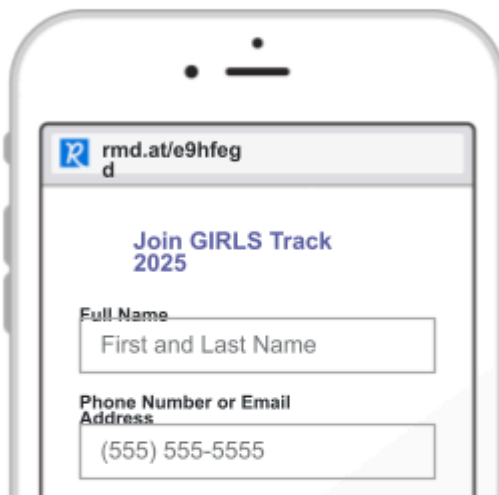
A

If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/e9hfegd

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B

If you don't have a smartphone, get text notifications.

Text the message [@e9hfegd](https://t.me/e9hfegd) to the number **81010**.

If you're having trouble with **81010**, try texting [@e9hfegd](https://t.me/e9hfegd) to **(415) 749-9892**.

** Standard text message rates apply.*





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Whole Team Remind

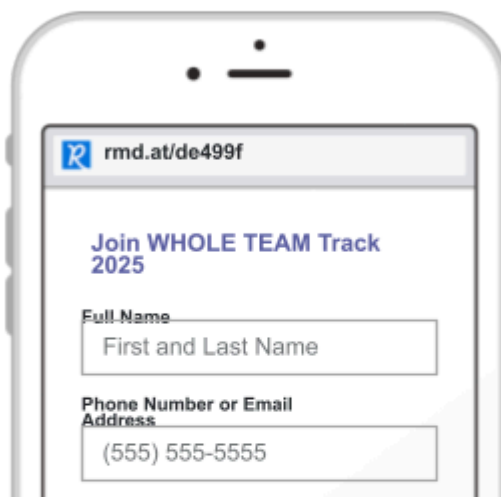
Pick a way to receive messages for **WHOLE TEAM Track 2025**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/de499f

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@de499f](https://t.me/de499f) to the number **81010**.

If you're having trouble with **81010**, try texting [@de499f](https://t.me/de499f) to **(415) 749-9892**.

* Standard text message rates apply.



You can also reach us through email!

Andi Salm (Girls Head Coach): salmandi@aasd.k12.wi.us

Timmy Rothbauer (Boys Head Coach): trothbauer@new.rr.com