

Lourdes Academy Middle School Track Parent Letter

List of Coaches: Head Coach: Polly Moore; Assistant Coaches: Paul Piechowski, Chris Yaggie, Travis Sullivan, Mike Hable, Rob Rucinski, Nina Heinzen, Angela Bloechl, Becky Piechowski, Josh Brath, Susan Nystrom, Inshirah Robinson ...
Parent helpers welcome

Contact Information: Polly Moore moorefamilyoshkosh@gmail.com
920-379-1008 **Forms:** Physical, signed athletic agreement, concussion form (if played a sport this school year, should be complete)

Communication: All forms, schedules, and email communications are posted on LA Middle Track & Field website. A group email is also sent, if you are not on the email list please contact me at moorefamilyoshkosh@gmail.com

Practice:

First Day: Wednesday, March 12th Time 3:15-4:30pm:

New this year: we will have Event Specific Practices in March before Spring Break - Everyone welcome - see website

Calendar: Posted on Website

Place: indoors (Fortress) outdoors (around the school or UWO auxiliary track)

Dress: can wear a t-shirt with sleeves, shorts, gym uniform, please watch weather – we will be outdoors whenever possible. Dress in layers and expect cold weather. For cold weather that means **Hat, Mittens, Pants, Jacket, ect...**

Uniforms: Lourdes Academy RED Track & Field t-shirt with black shorts
New this year: Red Track & Field T-Shirts and other apparel sold at Team Store posted on the Website

Meets: Posted on Website

Transportation: School Bus **Length:** Most meets last 2-3 hours

Results: Posted on www.athletic.net (track & field - middle school - WI - Lourdes Academy)

Items needed: Uniform, warm layered clothing, food or snacks, water bottle

Parent Pick up: If you are picking up at school and are not at the meet, please have child call on cell phone to arrange pick up time at school. Coaches have cell phones that athletes can use. **Please Be Prompt.**

Early Pick up: please check in at Camp LA. Early dismissal is discouraged. But if

needed or an athlete is not taking the bus home a *release form* needs to be filled out

***Choosing Events*:**

- 1) At home, **Athletes (with help of Parents)** will go to the team website and select if they are participating in the upcoming meet.
- 2) Together they will choose the events the athlete is interested in competing in for that particular meet. Most meets athletes will be able to participate in the event of their choice. Please check the final roster before the meet because coaches may move athletes to different events to help fill the team roster. The Little Chute Invite and Conference are limited entry meets and athletes may be asked to do a different event.
- 3) Coaches will post a final roster (Heat Sheet) the day before the meet. ***Please Look***
- 4) **Relays:** Please have the athlete indicate if they would like to be on a relay during meet sign up. Coaches will place athletes on relay teams. Our goal is to have as many kids participating on relay teams as possible. For conference we are allowed 2 relay teams for each relay event.

****Relays:** Importance of staying at meet through all events – it is fun and a privilege to run on relays. Please do not leave early if an athlete is scheduled to run in a relay. Three other athletes are disappointed when one athlete drops out.

Order of Events:

Field Events (High Jump, Long Jump, Shot Put, Discus, Triple Jump -select meets),
Hurdles, 100 M. dash, 1600 M. run, 4x200 relay, 400 M. Dash, 4x100 M. Relay,
800 M. run, 200 M. dash, 4x400 relay

Traditions:

Camp LA: Camp LA is the place where athletes put their belongings during a meet. An adult is stationed at the camp to help athletes prepare for an event and receive athletes after an event. Athletes check in with the adult at camp when leaving early.

Recognition Night: Food, Awards, Video (in Commons)

Parent Helpers: Parent helpers are welcome at practice and meets. Track consists of many events with many athletes participating. Parents can easily be trained on how to help. Parents will be asked to assist at a home meet. At away meets, parents are welcome to help by taking splits, timing our athletes, or helping to monitor Camp

LA. You may call to confirm the days you will be coming to help at practice.