

Muir Track & Field



Coaches: Mrs. Doggett, Mr. Warzecha, Mrs. Bradley, Ms. Trubiano

The Muir Track and Field coaching staff would like to welcome you to another exciting season! There is no “cutting” in track. All students who wish to participate, and whose grades are acceptable may participate.

Please read the following for more information on participating in track and field.

REQUIRED: Pay to Participate, Registration & Physicals

All participants are required to pay the district’s \$100.00 Pay to Participate fee. This fee must be paid on Efund before the first meet in order for students to participate (opens March 3, 2025).

Huron Valley now uses **Online Registration** only. You can find the registration on the Muir Track page (found at Muir’s website under Athletics) <https://huronvalley-mi.finalforms.com/>

All students participating in Track and Field must also have had a **Physical**. The physical must be dated April 15, 2024, or after. All physicals must be on file with the main office by **March 17th** to practice. If you do not have a Physical, the forms can be found online by following the link on the Online Registration Form.

Equipment

Running equipment is basic. Running shoes are needed during practice every day. Spikes can be worn at the meets, but are not mandatory. For a first time runner, an all-around running shoe is all that is necessary. We practice outside - so dress for the weather. We encourage you to wear running shoes and to consider being properly fit for shoes at a store like the Running Fit in Novi or Running Lab in Brighton.

Muir Track T-Shirts and black shorts will be our official uniform. Shorts must be provided by you. T-Shirt **(\$20)** is a **mandatory** purchase - if you have previously purchased a shirt you do not need a new one. Personalized hooded sweatshirts **(\$40)** and sweatpants **(\$35)** are available for purchase. The sweat outfits are optional. This year’s clothing order form will be submitted electronically by simply filling out the Google Clothing Order Form. Track orders must be submitted by 4:30 pm on 3/20/2025 so we can have them printed by the first track meet.

We will have samples available during practice the first week if you need to see sizes before ordering. If you accidentally double order gear for your child - PLEASE contact a coach so we can delete one of your online orders. We order based on what is filled out on the Google Form. **If you order TWO shirts you will pay for TWO shirts!**

Step by Step to Order:

1. Go to the **Muir Track and Field Website** and click on the **Google Form to order**.
2. Complete the order in just seconds!
3. Send cash in an envelope with your child’s name on it or a check made out to Muir MS.
4. Have your athlete give the envelope with money to Coach Gustafson at practice.

Parent Volunteers and Order of Events for Meets

We need parent volunteers for **home meets** this season. If you think you can give us some time at the finish line as a timer, or help measure field events, let us know by signing up at the parent meet on Thurs. 3/20/25, or [online](#) . Field Events run from 4:00 to 5:00 pm. No experience necessary, coaches will help you. **Your help is crucial to all kids getting their marks and times.**

All meets are held at local school tracks. Our home meets are held at Milford High School. We travel to the meets by bus. Meets usually run from 4:00 to 6:45 pm (depending on the meet). There is NO return bus from meets. Parents can pick up their kids from the meet at the conclusion of their last event, and after your child checks out with a coach.

Athletes will request to run in events a few days prior to the meet. Coaches will pick athletes to compete in relays and field events. PLEASE let coaches know ASAP if your child needs to leave a meet early, or will not be attending a meet due to conflict or sickness.

Order of Events - Times are Estimated	
4:00	Field Events
4:05	4 X 800 Meter Relay
4:25	55 Meter Hurdles
4:35	100 Meter Dash
4:45	4 X 200 Meter Relay
4:55	1600 Meter Run
5:10	4 X 100 Meter Relay
5:20	400 Meter Dash
5:30	70 Meter Dash
5:40	800 Meter Run
5:50	200 Meter Hurdles
6:00	200 Meter Dash
6:10	3200 Meter Run
6:30	4 X 400 Meter Relay
Meet ends between 6:30 & 7:00	

Communication

Please refer to the track website for lots of great information and make sure to sign up for REMIND. We use REMIND to communicate any changes in the schedule and updates during meets. REMIND is not to be used for individual issues or as a student/parent communication site, please e-mail Coach Doggett if you have any issues, absences, or questions.

Track Website:

<https://sites.google.com/hvs.org/muir-track-field/home>

Our Track & Field page will provide students and parents with all the updates, and information they need for this season of track. The purpose is to improve communication between coaches, parents, and students/athletes.

Included on the Track & Field page will be helpful links attaching items such as the season calendar, clothing order form, track records, the order of events, meet results, athlete times, and any schedule changes that may occur.

Google Calendar Access:

Use [this link](#) to access this calendar from any web browser.

Use this address to access this calendar from other applications (iPhone, iCal format)

REMIND: Messaging App

Hey, we are using a new app, REMIND, for our team communication & activity planning. Please sign up for this communication tool.

[REMIND](#) is not to be used for individual issues or as a student/parent communication site.

Email Coach Doggett (michelle.doggett@hvs.org) to report an absence. We assume your child will be at each meet unless we hear from you preferably 48 hours prior to a scheduled meet. If sick, email Mrs. Doggett ASAP so adjustments can be made.

Contact Information

Head Coaches: Michelle Doggett and Aiden Warzecha
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