

Welcome to 7th Grade Track!

Fall 2024

Ms. Perkins and Mr. Wilmes

Join our Google Classroom

Code -76kewny



### Running Events:

60 M Low Hurdles (4 hurdles measured 15, 10, 10, 10)

1600 M Run (males and females together, water-fall start)

800 M Relay (4x200, 2 lap stagger, no lane cut in)

100 M Dash

400 M Run (stagger start, no-cut in)

400 M Relay (4 x 100)

800 M Run (water-fall start)

200 M Dash

Medley Relay-100, 100, 200, 400 stagger start (same start as 4x100 relay), 400 runner may cut in after hand-off

**Field Events:** Long Jump, High Jump, Shot Put and Discus

**Goal:** Introduce students to the events and structure of a middle school track meet. All interested students are encouraged to participate regardless of experience.

**Fee and paperwork:** \$25.00 per season. The fee, the yellow emergency card, and the NMS Code of Conduct form all need to be turned into Ms. Perkins or Mr. Wilmes

**Practices:** Practice begins at 3:40 and will end by 4:40. Students are expected to wear the appropriate clothing and shoes for practices. We will meet in the gym to start each day. Practices will be held on our new stadium fields..

**Meets:** There are 3 scheduled meets with other middle schools. Start and end times for those 3 meets are approximate. **\*\*\*PLEASE NOTE\*\*\* - Due to busing issues in the district, buses will not pick us up to take us to our away meets until 4:15. There will be NO BUSES on the way home from meets. Parents or guardians will need to arrange transportation on the way home from away meets.**

**Eligibility:** Eligibility is checked three times during the season. Athletes failing any class will not be allowed to participate in the meet

## 2024 Scheduled Practices and Meets:

Date	Event	Time
August 22nd	Information Meeting	7th grade lunch
August 26th	Practice	3:40-4:40
August 27th	Practice	3:40-4:40
August 28th	Practice	3:40-4:40
August 29th	Practice	3:40-4:40
September 3rd	Practice	3:40-4:40
September 5th	Practice	3:40-4:40
<b>September 9th</b>	<b>Track Meet vs Goddard (@NMS)</b>	<b>4:35-6:00 (Times are approximate)</b>
September 10th	Practice	3:40-4:40
September 12th	Practice	3:40-4:40
<b>September 16th</b>	<b>Track Meet @ Euclid</b>	<b>4:35-6:00 (Times are approximate)</b>
September 17th	Practice	3:40-4:40
September 18th	Practice	3:40-4:40
September 19th	Practice	3:40-4:40
<b>September 23rd</b>	<b>Track Meet @ Powell</b>	<b>4:35-6:00 (Times are approximate)</b>

## **Newton Middle School Athlete Responsibilities and Code of Conduct**

### **Newton Athlete Eligibility Requirements:**

- Pay all relevant fees, turn in a yellow athletics card and signed code of conduct before participating in any sport.
- Attend all practices in order to participate in all competitions.
- Meet all academic eligibility standards. Students may not have any F's/IE's to be academically eligible. Athletes may practice while they are not academically eligible.

### **Newton Athlete Code of Conduct**

At Newton Middle School, participation in intramural athletics is a privilege that carries many responsibilities. You are representing not only yourself and your family; you are representing Newton Middle School, our community and Littleton Public Schools. Therefore, you should fulfill your responsibilities as a student-athlete in a way that will bring pride to yourself, your family, your team and Newton Middle School.

### **By participating in Newton Middle School intramural sports, you agree to follow the following expectations:**

1. Consequences for violating the standards listed below will be discussed among coaches, the intramural director, and the athletics administrator. Final discretion for the assigning of consequences lies with the athletics administrator.
2. The following consequences will be considered for violations of this code of conduct:
  - Warning from a coach
  - Dismissal from a practice
  - Dismissal from a single competition
  - Dismissal from the team

Students will receive one warning for negative behavior (toward coaches, teammates, visitors) while at practice or matches. If students are reprimanded for negative interactions a second time in the same practice or at the same match, they will be asked to call home and leave practice. Being asked to leave practice or a game will also result in the athlete being unable to participate in the next game.

After three removals from practice or games, the athlete will be asked to turn in her jersey and will no longer be able to participate in the volleyball program.

3. All Newton Middle School athletes are expected to show the utmost respect to coaches, teammates, teachers, administration, parents, custodians, opponents, and officials. Win or lose, show good sportsmanship to everyone involved.

4. Newton athletes will travel with their teammates to all away competitions on the bus. Students (with their parent or guardian) will need to sign out with **a coach** on site at the event. Students will be able to go home with another student's parent/guardian only if their guardians **have submitted a note** to the coach giving their permission.
5. Students are expected to be in the gym or have communicated with a coach their whereabouts at all times. If students are not where they are supposed to be, doing what they are supposed to be doing, there will be consequences ranging from dismissal from practice to dismissal from the team or a referral.
6. Make a conscious effort to take care of all equipment and uniforms. Each player is responsible for the assigned uniform.
7. Newton athletes will seek to mediate and solve conflicts with teammates and coaches themselves. If a solution cannot be reached, the matter will be mediated among the players involved, parents, coaches, the intramural director and the athletics administrator.
8. Newton athletes who are suspended for violating Newton School Policy or the Littleton Public Schools Code of Conduct will not be allowed to participate in intramural programs for the duration of their suspension.
9. As always, maintain a positive mental attitude. Feel worthy of yourself as an athlete and as an individual, in and out of competition. Strive to do your best everyday.

Newton athletes agree to follow all school rules as set out in this code of conduct, the Newton Student Handbook and the Littleton Public Schools Code of Conduct.

By signing this Code of Conduct, we understand and agree to abide by the expectations and consequences set out in this code of conduct.

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Newton Athlete Signature

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Date

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Parent Signature

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Date