

Cedar Bluff Middle School Track Information

Coach Thomas, Cox, Bell, McKinney and Mrs. Nuchols are thrilled that you are interested in joining the 2016 track team. As a member of a CBMS athletic program, you are committing yourself to represent your school and community. We applaud your interest and look forward to a successful track season.

Parent Information Meeting

There will be a parent information meeting on January 12, 2016 at 6:00 at CBMS. We will start passing out track packets on Friday, January 8, 2016 at school. If your child brings home the packet, we ask that you complete the forms and turn them in at the meeting. If your child does not bring the packet home, we will have them available for you to fill out and turn in at the meeting. Order forms for track shirts and sweats should be available at this time, so please bring your checkbook if you plan on ordering (orders will not be collected without payment).

First Practice for All Track Athletes

Our first practice for all athletes interested in both field event and running events will be held on **Monday, February 1st 3:30 until 4:30pm** in the gym. You will **not** need to dress out for this practice. Please have a ride meet you at the front circle promptly at 4:30pm.

At the first meeting (February 1st) you will **need** to have a

- ✓ physical form completed by a medical doctor (a physical completed after May 2015 is acceptable for track season), and
- ✓ CBMS Track Guidelines and Rules signature sheet.
- ✓ \$45.00 team fee (includes the Knox County required athlete insurance)- make payable to CBMS due on February 16th.

You **WILL NOT** be able to participate in track conditioning until all required forms are turned in to your coach.

2016 Track Try-Out Date

All students that come out and complete conditioning will make the team. However, there will be official timed trials. The dates for the try-outs will be **March 1st and 2nd at the Catholic High School track (subject to change)** . Please meet the coaches at the high school track by 3:45pm on these dates. Try-outs will end by 5pm.

Timed trials are designed to identify athletes who are sprinters, mid distance or long distance. No one will be turned away from any field events such as long jump, shot put, and discus. Please use the next four weeks to begin conditioning on your own. Preparing your body to compete better ensures your ability to make the track team. We encourage you to be at each day of timed trials especially if you are new to the program. **The more events you receive times for, the better your odds of participating on the team.**

Tuesday, March 1- 200m and 1600m

Wednesday, March 2 – 100m, 800m and Long Jump

Thursday, March 8 – 400 m and Long Jump

Thursday, March 3 – shot put, discus

Any run offs of running events will be March 8th (make ups are not allowed, so please be present for the events which you wish to tryout)

Track Practices/Meets

All practices and meets are mandatory. Unexcused absences will impact an athlete's participation in competitions and participation on the team. The 2016 practice schedule is as follows:

Mondays-full team (sprinters, distance, and field athletes)

Tuesday-sprinters and distance only

Wednesday-all relays; distance and field optional

Thursday-full team (sprinters, distance, and field athletes)

2016 official practice and meet schedule will be provided at the first practice on Tuesday, February 15th

Track Guidelines and Rules

The Knox County Department of Education has given recognition to Track and Field as a sanctioned sport in Knox County Middle Schools. The CBMS Track Program has experienced continued success and growth since its inception. To further ensure success and stability, the following guidelines and are in effect for the CBMS Track Program to provide an understanding for participating in the CBMS Track Program. Please read the following guidelines. Sign and return the attached signature sheet at the Monday, February 1st meeting.

Grade Expectations

In conjunction with Knox County policy, all athletes must maintain a 2.0 GPA in his or her academic classes. December report cards will be used to determine eligibility. Also, February midterms will be reviewed to ensure athletes are maintaining a 2.0 in their courses. Any athlete who does not meet the required 2.0 GPA is not eligible to participate. Any athlete who does not maintain the required 2.0 GPA will be dismissed from the CBMS Track Team Program.

Practice

Practice will be held in accordance with practice schedules unless notified otherwise. Practice is mandatory for participating in the CBMS Track Program unless there is an excused absence. An excused absence would be for a medical, educational, or religious purpose. Any absence requires a written note signed by the parent or guardian. **Do not send another team athlete to explain your absence to the coach.** All athletes are expected to attend the entire duration of practice unless there is an excused absence. Unexcused absences will be a determining factor (at coaches' discretion) for participating in track meets or continued participation with the CBMS Track Team Program.

Practice and Track Meet Transportation

Parents and athletes are responsible for all transportation to and from track practices. Athletes should be on time to all practices and athletes should be **picked up promptly** at the end of practice. The school will provide transportation to all track meets. When provided, bus transportation will take all athletes to the competing school for the duration of the meet, and return all athletes to CBMS upon the conclusion of the meet. It will be the responsibility of the parents and athletes to be **picked up promptly** upon return to Cedar Bluff Middle. Failure to pick up your athlete on time may result in his or her dismissal from the CBMS Track Team Program. **Remember that the track coaches cannot leave your child unsupervised at school for any reason, and track coaches have personal obligations following track practices and meets.**

CBMS Track Guidelines and Rules Signature Sheet

I, _____ (athlete name), have read and understand the guidelines and rules set forth by the Cedar Bluff Middle School Track Team Program. I agree to follow these guidelines and rules without exception. I understand that failure to follow the guidelines and rules may results in my dismissal from the CBMS Track Team Program.

Athlete's signature

Date

I, _____ (parent/guardian name), have read and understand the guidelines and rules set forth by the Cedar Bluff Middle School Track Team Program. I have discussed these guidelines with my child and understand that failure to follow the guidelines and rules may result in my child's dismissal from the CBMS Track Team Program.

Parent/Guardian's signature

Date

I, _____ (parent/guardian name) will provide transportation from practice, and to and from away track meets in which a school bus is not provided. I also agree to pick up my child **promptly** at the end of practice (5:05pm).

Parent/Guardian's signature

Date

Person(s) responsible for picking up at the end of practice:

_____ cell # _____

_____ cell # _____

_____ cell # _____

Due on Tuesday, February 1st

