

Welcome to CR Middle School Track!

We are excited for a great season!

ATTENDANCE & PRACTICE INFORMATION: Students are expected to attend practices. Practices begin on Wednesday, April 24th. We will have practices on Tuesdays, Wednesdays, and Thursdays. Practices will begin at 2:55 and will end at 4:00. Students will meet in a classroom at CRA for attendance and directions. It is important for students to listen to the announcements, so they know where to meet each day!

To participate in meets, students must attend practice and practice in the events they are doing in the meets. Attendance will be taken at warm-ups and at the beginning of each event practice. It is important to communicate if you need to miss practice.

MEETS: We have three meets scheduled at Vigilante Stadium, which is on the campus of Helena Middle School. The address is 1025 North Rodney. The dates are May 8th, 15th and 22nd. We will be busing the students to HMS, but there will not be a bus back. Parents will need to pick up their child at the meet. Students can leave after all their events have taken place.

DRESSING OUT: Each athlete will be expected to dress out for practice. Be sure to have warm clothes for each practice, as Montana weather can change quickly. Students will not be allowed to go back to the school. Also, be sure that students bring water with them, so they can stay hydrated. No spikes are allowed in middle school competitions.

MEETS: Please remember to represent CRA Middle School; we expect students to represent us well. Only athletes, coaches, and trainers will be allowed on the field during track meets. Parents must remain in the stands to watch the competition. Students will receive a CRA jersey, and they must wear this during the meets. Please return the jerseys to the finish line at the end of the meet.

EVENTS: Students are asked to participate in at least one event at each meet. Students may not enter more than three events and the relay race. Use common sense when you are choosing events. Be sure to pick events based on abilities. During the meet, if students are unable to participate in an event because of an injury be sure to find your event coach.

SAFETY: Do not participate in any event unless your coach is present. Be sure to be careful around the shot-put area, the turbo javelin, and the track. Never walk through the throwing area, and always watch the track before you cross. On long-distance runs, be sure to use sidewalks where available, cross streets safely, and run facing traffic when necessary.

PRACTICES: Our practices will begin with stretches and a good warm-up. Attendance will be taken, so it is important that students are on time. The rest of the practice will be divided into two twenty-five-minute sessions. We will provide you with a schedule on when events are occurring for each grade level. The coaches will let you know when it is time to switch. Coaches will also let you know when practices will end. They are not allowed to go back into the school after practice, so all belongings must be on the field with them.

RESPECT: Good behavior is expected. We expect that all students will treat all coaches and other athletes with respect.

Below are the events for middle school track. I will be sending out an order of the schedule of the running events. It is very hard to gage exactly when they will begin.

Shot Put

Turbo Javelin

Long Jump/ Triple Jump (8th grade only)

High Jump

100 hurdles

100-meter dash

4x100 meter relay- This is a tryout.

200-meter dash

400-meter dash

800-meter dash

1600-meter dash

Please feel free to reach out if you have any questions or concerns,

Kelly Sheridan

406-431-7298

Ksheridan@helenaschools.org