

## **Welcome to CR Middle School Track!**

### **We are excited for a great season!**

**ATTENDANCE & PRACTICE INFORMATION:** We will have practices on Tuesday through Thursday. Practice will begin at 2:55 and will end at 4:15 PM. You will meet in a classroom at CRA for attendance. Please listen to announcements so you know where and when to meet each day.

In order to participate in meets, you must attend practice and practice your events. If you are unable to be at practice, you need to let your assigned coach know ahead of time. Attendance will be taken at warm-ups and at the beginning of each event practice. You will need to notify your event coach if you are unable to attend practice.

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

**PRACTICE PLAN:** Our practices will begin with stretches and a good warm-up. Attendance will be taken, so it is important that you are on time. You will have an opportunity to go to more than one event each day. We will announce a schedule when events are occurring for each grade level, so be sure to pay attention. The coaches will let you know when it is time to switch. We will also let you know when you are excused. All of your gear should come out to the track, as you will not be allowed back in the school after practice.

**EVENTS:** You must participate in at least one event at each meet. You 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 your own abilities and not where your friends are going. During the meet, if you are unable to participate in an event because of an injury be sure to find your event coach and explain the issue. They are responsible for taking you out of each event.

**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. Do not walk through the throwing area and be sure to watch before you cross the track. On long-distance runs, be sure to use sidewalks where available, cross streets safely, and run facing traffic when necessary.

**MEET DATES:** 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 13th, 20th, and 28th**. Students will be bussed to HMS, but parents will need to pick their athlete up at the conclusion of their events. Our goal is to begin the meets by 3:30 PM and they usually last until 5:30 PM. Students are free to leave after they complete their events.

**MEET EXPECTATIONS:** Please remember that you are representing CRA Middle School, and we expect that you will represent us well. Only athletes, coaches and trainers will be allowed on the field during track meets. Your parents must remain in the stands to watch you compete. You will be required to wear a CRA jersey during the meets. Please return the jerseys to the finish line before you leave the track meet.

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

**ASK QUESTIONS:** Track is different from other sports at CRA. It is IMPORTANT to ask questions if you do not understand something or need to know where to go. Feel free to ask at practice, the meets or reach out on Teams and the coaches will be happy to answer your questions.

**Below are the events that we have for middle school track:**

**Field Events :**

Shot Put  
Turbo Javelin  
Long Jump/ Triple Jump (8th grade only)  
High Jump

**Starting at 3:30-This is the typical order of events:**

100 hurdles  
100-meter dash  
400-meter dash  
4x100 meter  
1600 meter dash  
800-meter dash  
200 meter dash

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

Remember, Track is FUN!!

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