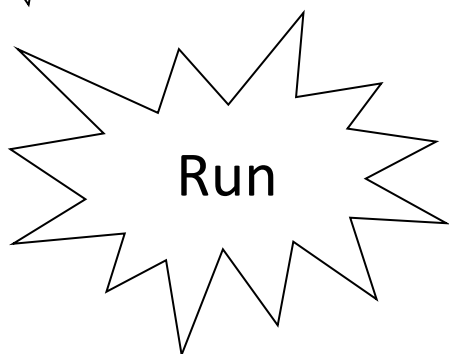
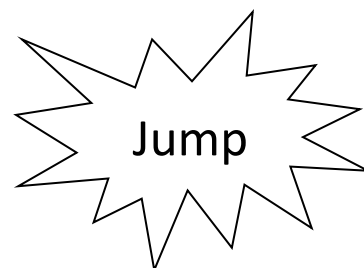




## Track and Field: Rosemont Ridge 2017



Thank you for your interest in Rosemont Ridge Middle School's track program! This season will be all high-fives and rainbows. The regular season extends from April 3<sup>rd</sup> - May 18<sup>th</sup> and is open to all 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders. Events will include sprint and long distance running, relays, hurdles, high jump, long jump, discus, and shot put. Students will have the opportunity to participate in a variety of events of their choosing.

### Meets and Practices:

- ✓ Practices are weekdays (M-Th) 4-5pm rain or shine. Please dress appropriately for the weather. There's no practice when there is no school, **nor will there be practices on Fridays.**
- ✓ Activity buses are available to take students home; they depart at 5:15 pm. **All athletes getting rides from parents should be picked up before 5:15 pm or they'll be sent on the bus.**
- ✓ There will be 6 meets in all, beginning at 4:00 or 4:30 pm and extending until roughly 7 pm.
- ✓ Students should remain at Rosemont with the team on the day of meets. Be dressed and prepared to leave for away meets by 3:30 pm.
- ✓ **Students must check out with their coach when leaving meets. This is particularly important at away meets, when many students will ride a bus back to Rosemont.**

### Meet Schedule:

Date	Day	Location	Time
April 12 <sup>th</sup>	Wednesday	Lakeridge MS	4:00 pm
April 19 <sup>th</sup>	Wednesday	Athey Creek MS	4:00 pm
April 25 <sup>th</sup>	Tuesday	Rosemont	4:30 pm
May 3 <sup>rd</sup>	Wednesday	Wilsonville HS	4:00 pm
May 11 <sup>th</sup>	Thursday	Rosemont	4:30 pm
*May 18 <sup>th</sup>	Thursday	Tualatin HS	3:30 pm

\*This is a district meet. Only selected students will attend, based on previous meet times/distances.

## Rules and Regulations:

- ✓ To participate, you must have submitted emergency release forms, physical forms, and fees.
- ✓ Athletes should dress appropriately: running shoes, t-shirts, and shorts; layered with light jackets, athletic pants, and hats (when needed).
- ✓ All athletes must conduct themselves appropriately at all track related activities.
- ✓ All athletes are expected to remain in good academic standing.
- ✓ Practice attendance is key! Absences are excused when students have missed school or have an explanatory note signed by a parent.
- ✓ Unexcused absences will result in the following consequences:

**1st:** last pick for events      **2nd:** miss one event      **3rd:** miss upcoming meet

## Contact Information:

Head Coach--Nicole Moore: [mooren@wlwv.k12.or.us](mailto:mooren@wlwv.k12.or.us)

Athletic Director—Greg Mylet    [myletg@wlwv.k12.or.us](mailto:myletg@wlwv.k12.or.us)

Event Coaches: Linny Bryant (sprints), Todd Jones (distance)), Jessamyn Vanhook (high jump), Laura Taylor (long jump), Russ Romas (discus), Sai Poulivaati (shot put), and Graeme Sandell (relay).

↑ Please keep for your records.

↓ Please detach and return to your track coach.

## Student and Parent Agreement:

*I have read and understand the expectations regarding participating in track and field at Rosemont. I will do my best to represent Rosemont with character and integrity.*

\_\_\_\_\_  
Student name

\_\_\_\_\_  
Student signature

\_\_\_\_\_  
Parent name

\_\_\_\_\_  
Parent signature

*We need volunteers for our two meets held at Rosemont! This could include timing, recording, and/or setting-up/tearing-down events.*

☐ Yes! I am able to volunteer for the following home track meet(s):    April 25, May 11, May 18

Phone number \_\_\_\_\_ Email \_\_\_\_\_