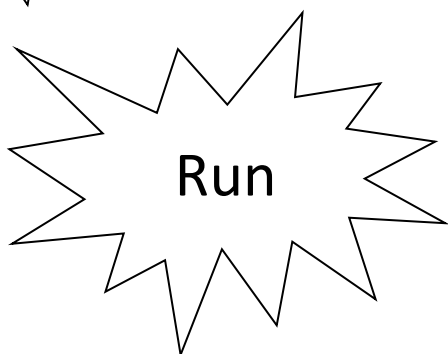
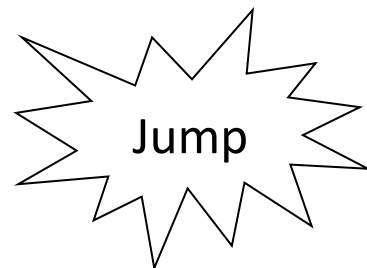




Track and Field: Rosemont Ridge 2019



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 1st - May 14th and is open to all 6th, 7th, and 8th 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 11 th	Thursday	Rosemont	4:30 pm
April 17 th	Wednesday	Lakeridge HS	4:30 pm
April 25 th	Thursday	Wilsonville HS	4:00 pm
April 30 th	Tuesday	Tualatin HS	4:30 pm
May 9 th	Thursday	Rosemont	4:30 pm
*May 14 th	Tuesday	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

Athletic Director—Greg Mylet myletg@wlwv.k12.or.us

☐ Yes! I am able to volunteer for the following home track meet(s): April 11, May 9

Phone number _____ Email _____