

Meridian Creek Middle School - Track 2019

Hello! Thank you for taking time to learn more about our track program at Meridian Creek! We are so excited for our second track season! We are so proud of our athletes last year with their perseverance throughout the season, their patience as the track was finished & painted, and the sportsmanship they showed to teammates, competitors, and coaches.

My name is Katie Humm and I am the head track coach at Meridian Creek. This is my second year as the MCMS track coach, but have previous experience coaching at Wood MS! I currently teach 8th grade math and 6th science. If you have any questions, please do not hesitate to reach out! **Please come to our parent meeting after our first practice on April 1st from 5:00-5:30!** Hear about the season and have your questions answered.

Katie Humm hummk@wlwv.k12.or.us

What options are available to my athlete during track season?

Track is an incredible opportunity for your young athlete to explore multiple disciplines! Your athlete can participate in sprint distances (100m, 200m, 400m), long distances (800m and 1500m), hurdles (100m), relays (4x200, 4x400), long jump, high jump, discus, and shot put. Each athlete can register for 3 individual events and 1 relay event per meet. We do have restrictions on the total number of athletes we can compete with in the high jump, 100m, and 200m but work to provide everyone an opportunity!

What if my athlete has other spring sports but wants to participate in track?

If your athlete has another spring sport or activity, it is possible to and prearrange missing practice some days per week. We want to ensure, however, that each athlete is willing to commit to four exercise sessions per week total (could include an athlete's basketball, club track, softball, etc., practices).

How do I sign-up?

Your athlete can sign up in the Meridian Creek office. Three items are required to participate:

- A valid sports physical completed by doctor is required (valid for two calendar years)
- A completed medical information card (new card required each year)
- Annual \$75 sports/activities fee. (if you paid for cross country or wrestling, do not pay again)

You may pick up and return all signed forms to the office. If the \$75 fee is a hardship for your family, please let me know. Money should never be a barrier for any student to participate.

When and where do we practice?

Practice will run April 1st through May 9th, Monday through Thursday, 4:00-5:10pm. Top-performing athletes will be invited to participate in the District Championships on May 14th and will practice the days prior.

*We will **not** have practice on April 8th or April 24th. Sixth graders attend Outdoor School April 23-26th.*

Will practice be canceled for bad weather?

Practice will operate outside unless it is unsafe for our athletes. Please bring a raincoat and layers if rain is expected. In case of unsafe conditions, practice will continue inside.

What if I am riding home with someone other than my guardian?

A parent note is required for an athlete to ride home with anyone other than his or her guardian. We work hard to keep your athlete safe. Please help us by complying with this request when your athlete is carpooling with others.

When and where are the meets?

Date	Host & Location	Teams Attending	Starting Time
Thursday, April 11th	Athey Creek @ Athey Creek MS	Athey Creek, Laurel Ridge, Lakeridge, & Meridian	4:00pm
Thursday, April 18 th	Sherwood Middle School @ Sherwood High School	Laurel Ridge, Sherwood, Hazelbrook, & Meridian	4:15pm
Thursday, April 25 th *6 th grade at ODS*	Wood Middle School @ Wilsonville HS	Wood, Athey, Rosemont, & Meridian Creek	4:00pm
Thursday, May 2nd	Meridian Creek @ Meridian Creek MS	Sherwood, Wood, & Meridian	4:00pm
Thursday, May 9th	Meridian Creek @ Meridian Creek MS	Gardiner, Laurel Ridge, & Meridian Creek	4:00pm

District Champions (only top athletes in league will compete) will be May 14th at Tualatin HS @ 3:30pm

State Championships (only top athletes in state will compete) will be May 23rd at Corvallis HS @ 10am

Meet Results and basic information provided at www.athletic.net

How do I contact coaches?

Please feel free to reach out with any questions or concerns! If you see me or any of the other coaches after practice or at a meet, please come and say "hi!" Email is also a great avenue during the school day!

Katie Humm

hummk@wlwv.k12.or.us

Volunteer with MCMS Track!

It is logistically *impossible* to host a track meet without **your** help! We will be relying on your help to run efficient, smooth, safe, and fun meets on **May 2nd** and **May 9th**.

If you are able to volunteer on one or both dates, please let me know! (You can cut this part of the paper off and have your athlete turn it in to me, OR you can send me an email!) Thank you in advance for your help.

Name: _____

I can help on ☐ May 2nd ☐ May 9th

I am interested in helping ☐ 4:15-5:30 ☐ 5:30-6:45. If a specific job is desired, please provide info below:
