

2023 Athey Creek Track Team

Welcome to the Athey Creek track team! We are excited to have you join us this year. This letter has some key information about the upcoming season. Please read the information carefully.

Weekly Schedule: Practice is Monday-Thursday 3:50pm to 5pm except on meet days. An activity bus will leave right at 5:15pm on practice days. If you are picking your child up from practice, please respect our coaches' time and be at ACMS no later than 5:15pm.

Meet Schedule:

- Thursday 4/13 @ Sherwood Middle School 4:15pm Start Time
- Thursday 4/20 @ Lake Oswego High School 4:30pm Start Time
- Thursday 4/27 @ Athey Creek M.S. 4pm Start Time
- Thursday 5/4 @ Athey Creek M.S. 4pm Start Time
- Thursday 5/11 @ Gladstone High School 5pm Start Time
- Tuesday 5/16 @ Tualatin H.S. 3:30pm Start (**District meet for qualifiers**)

***There will be no return bus from away meets unless scheduled with Mr. Berg prior to the meet.**

Meet Sign-ups: Athletes **MUST sign up EACH WEEK** for the events they want to compete in at the track meet. If an athlete does not sign up at practice, or contact Mr. Berg prior to each week's deadline, the athlete will not be able to compete in the meet.

4x100 and 4x400 Relay Teams: Athletes who are interested in participating on a relay team must establish a personal best time in a meet* and must attend the set weekly relay practice session. The top 8 times will make up our A and B relay teams each week.

***Teams for the first meet will be determined by a run off. After the first meet the teams will be determined by 100m and 400m meet times.**

High Jump Sign-Ups: Only three athletes per gender and grade can jump at a meet. Athletes must be approved to jump in a meet by Coach Walsh. Interested jumpers must inform Coach Walsh at least 2 days prior to the meet and show in a practice prior to the meet the ability to safely attempt a jump.

Forms: Each member of the track team needs to turn in to the office a **physical** completed by a doctor, an **emergency contact form**, and the **\$75 activity fee**. The activity fee is collected once per school year and is good for Cross Country, Track, and Jazz Band. Forms must be turned in to compete in the first meet.

Uniform: Order your Athey Creek Athletics jersey from Hometown Sports in West Linn. Any appropriate black athletic bottoms can be worn with the jersey to complete the uniform.

Hometown sports contact- **1795 Willamette Falls Dr., West Linn, OR 97068 (503) 594-0515**

Volunteers Needed for Home Meets: Our school will host two home track meets this year. Each meet will have over 400 competitors and the only way it will work is with your help. The hope is that at least one parent will be there to support and volunteer. This will ensure that our home track meets run safely, efficiently, and effectively for all students.

Volunteer Sign-Up: The links for both home meets are posted on the ACMS home page.

Link for 4/27- [Athey Home Track Meet 4/27](#)

Link for 5/4- [Athey Home Track Meet 5/4](#)

Questions: Please contact Chris Berg (503)-673-7400 ex.5404

bergc@wlwv.k12.or.us

2023 Track Schedule

March 2023 **No Practice During Spring Break (March 27th-30th)

MON	TUES	WED	THURS	FRI
20 Intro Meeting- Equipment set-up	21 Practice 3:50-5	22 Practice 3:50-5	23 No Practice, Conferences	24 No School, No Practice

April 2023

MON	TUES	WED	THURS	FRI
3 Practice 3:50-5	4 Practice 3:50-5	5 Practice 3:50-5	6 Practice 3:50-5	7 Optional Morning Practice 8:30-9am
10 No School, No Practice	11 Practice 3:50-5	12 Practice 3:50-5	13 Track Meet Sherwood Middle School 4:15PM	14 Optional Morning Practice 8:30-9am
17 Practice 3:50-5	18 Practice 3:50-5	19 Practice 3:50-5	20 Track Meet Lake Oswego High School 4:30PM	21 Optional Morning Practice 8:30-9am
24 Practice 3:50-5	25 Practice 3:50-5	26 No practice, Early Release	27 Track Meet Athey Creek Middle School 4:00 PM	28 Optional Morning Practice 8:30-9am

May 2023

MON	TUES	WED	THURS	FRI
1 Practice 3:50-5	2 Practice 3:50-5	3 Practice 3:50-5	4 Track Meet Athey Creek Middle School 4:00 PM	5 Optional Morning Practice 8:30-9am
8 Practice 3:50-5	9 Practice 3:50-5	10 No practice, Early Release	11 Track Meet Gladstone High School 5:00PM	12 Optional Morning Practice 8:30-9am
15 Practice For District Qualifiers 3:50-5	16 District Meet Tualatin High School 3:30 PM	17 Practice For State Qualifiers 3:50-5	18 Practice For State Qualifiers 3:50-5	19 Optional Morning Practice 8:30-9am
22 Practice For State Qualifiers 3:50-5	23 Track Party For entire Team	24 State Meet Corvallis High School All day	***District and State Track Meets are for those athletes that qualify	