



**Mill Creek Middle School
2010 Track and Field Coaching Staff:**

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Principal Tim Drake, Assistant Principal Josh Kindler

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School Website found at <http://www.usd232.org>

TO BE ELIGIBLE, ALL PARTICIPANTS ARE REQUIRED TO HAVE ON FILE IN THE MCMS OFFICE:

- **A PHYSICAL FORM DATED AFTER MAY 1, 2009**
- **A PARENT CONSENT FORM TO PARTICIPATE**
- **AN EMERGENCY FORM**
- **PAID CATOSTROPHIC INSURANCE**

THESE FORMS MUST BE TURNED IN BY MONDAY, MARCH 22, 2010.

(Students with paperwork on file for earlier sports this school year do not need to duplicate these forms.)

ACADEMICS: The philosophy of the MCMS Track and Field program is that academics come first, athletics second. In accordance with KSHSAA rules, students must be passing 5 of their 7 credit classes in order to be eligible to participate. Details on eligibility can be found on page 5 of the MCMS Student Handbook. Students who are not in good academic standing will miss competitions until the grades meet state eligibility.

Mustang Track and Field rules include the following:

1. Athletes are required to wear only school issued sweats and uniforms to compete at meets.
2. Participants are required to wear school issue sweats to all practices. Our athletes go through a structured warm-up and stretching routine before each practice and meet. Cold muscles, if not properly warmed up and stretched are a major cause of injury that costs the team and contestant dearly in valuable practice and competition time.
3. Athletes are responsible for caring for all school issue equipment and uniforms, including sweats. Damage, abuse, or loss requiring replacement equipment, uniforms or sweats will be charged to the athlete for reimbursement. Students will not wear track sweats as "street clothes" or to classes, only to practices and meets.
4. No hats, or jewelry or other distracting items, including brightly colored hair, body markings, or wild hair will be permitted(exception -distance runners may wear a watch). We teach our athletes to bring attention to themselves by their best effort during performance as an athlete. Good sportsmanship and respect are expected at all practices, meets, and school functions.

5. Athletes are required to be prompt to practices and meets.
6. Students should participate in a minimum of 2 events in each meet. KSHSAA rules do not allow our athletes to participate in more than 3 events per meet. Coaches certainly endeavor to enter athletes in their favorite events. If the athlete has a third open event, coaches may ask them to participate in a third event to benefit the team. All efforts will be made to give the athlete their choice of at least 2 events. We encourage athletes to broaden their interests, and try different events. Coaches will have the final say in which events athletes will participate.
7. KSHSAA rules do not allow volunteers to work with the team during the season, nor can athletes enter in or attend any outside clinics involving Track and Field during the school Track and Field season. This does not exclude athletes from participating in other sports leagues, or clinics during Track and Field season.
8. If an injury causes an athlete to miss practices they will be asked to be evaluated by a doctor. A doctor's permission waiver must be produced to return to practice. If the injury allows, athletes are still asked to be an active member of the team by helping with practices, and meets until they can return to the team and participate in normal practice routines.

Additional information:

We will compete in **7 meets** –meet schedule shown on page 3.

Meets end at different times, depending on number of teams present. Triangulars, Quadrangulars, and Invitationals last longer than duals. We will try to get an idea of our return times as we get closer to the meets and put that information on the MCMS website.

Parents should pick up their son or daughter from practices by **5:00**; from meets no later than 20 minutes after the bus returns from away meets. **Parent carpools are recommended!**

DISTRICT TRAVEL POLICY-Students must ride to and from meets on the team bus unless checked out from a meet by a parent or guardian in person and a coach speaks with the parent.

It is highly recommended that athletes bring their own **water and sunscreen** to practices and meets.

The most important equipment you can purchase for your young athlete is a good pair of comfortable running **shoes with good built-in foot supports**. Spikes are not required, and usually are worn only by the most serious Track and Field athletes. Spikes should be a maximum of **1/4 inch**, and are only worn for time trials at practice and final event run-throughs for meet preparation, and meets; not worn during routine workouts, warm ups, or conditioning.

Every Track and Field athlete at MCMS will be expected to demonstrate sportsmanship while practicing and during competitions. Inappropriate behavior may result in consequences including suspension from competitions, practices, or dismissal from the team.

Weather permitting, we will have a great season. Athletes may want to get a jump on the competition by conditioning over spring break-starting their own **stretching** and conditioning routine. This also helps reduce the chance of injury that may occur from lack of exercise when starting the structured program that begins on March 22th.

Practice is usually 3:15-4:45. Please arrange for your athlete to be picked up no later than 5pm.

Here is our season at a glance, including practice and meet dates:

MUSTANG TRACK 2010 @ A GLANCE

March 22 FIRST PRACTICE DAY	23 PRACTICE DAY 3-4:45	24 PRACTICE DAY 3-4:45	25 PRACTICE DAY 3-4:45	26 PRACTICE DAY 3-4:45
29 PRACTICE DAY 3-4:45	30 PRACTICE DAY 3-4:45	31 PRACTICE DAY 3-4:45	April 1 PRACTICE DAY 3-4:45	2 PRACTICE DAY 3-4:45
5 No School No Practice*	6 PRACTICE DAY 3-4:45	7 PRACTICE DAY 3-4:45	8 Home Meet LTMS, KCC 4:00pm	9 PRACTICE DAY 3-4:45
12 PRACTICE DAY 3-4:45	13 PRACTICE DAY 3-4:45	14 PRACTICE DAY 3-4:45	15 Meet@MTMS LTMS, MTMS 4:00pm	16 PRACTICE DAY 3-4:45
19 PRACTICE DAY 3-4:45	20 Meet@Clark Clark, Piper 4pm	21 PRACTICE DAY 3-4:45	22 Home Meet Turner, Piper, PLMS 4pm	23 PRACTICE DAY 3-4:45
26 Meet@Tongie Tongie, BLMS 4pm	27 PRACTICE DAY 3-4:45	28 PRACTICE DAY 3-4:45	29 Meet@Patton PJH, LWM, CMS, AMS, TMS MUST QUALIFY	30 No School No Practice*
May 3 PRACTICE DAY 3-4:45	4 PRACTICE DAY 3-4:45	5 KVL District Meet MC hosts @ MVHS MUST QUALIFY	6 possible district meet makeup date	7 3-3:30 Team Ice Cream Party & turn-in

All dates and events are subject to change, especially due to inclement weather.

***April 5th and 30th-No school –athletes are encouraged to work out on their own at home.**

Practice is usually 3:15-4:45. Please arrange for your athlete to be picked up no later than 5pm.

Security Procedures enforced at the Patton Invitational on April 29- **PLAN EXTRA TIME!** Roster of qualifiers will be determined and announced by end of practice on April 23.

TO ENTER FORT LEAVENWORTH YOU MUST HAVE:

- ALL OCCUPANTS (Over the age of 15) IN THE VEHICLE MUST HAVE A GOV'T ISSUED SCANABLE PICTURE ID (Driver's license, Military ID or State ID card) INCLUDES COACHES ON THE BUS!
- REGISTRATION (tags must be current) AND PROOF OF INSURANCE FOR THE VEHICLE
- NO WEAPONS IN THE VEHICLE
- DRIVER WILL BE ASKED TO GET OUT OF VEHICLE AND OPEN ALL THE DOORS, HOOD AND TRUNK. ALL PEOPLE IN THE VEHICLE CAN BE ASKED TO EXIT THE VEHICLE