



INGLEWOOD JUNIOR HIGH

2009 Track Team

Welcome to Inglewood's track program. We are very excited about the upcoming season. In order to have a safe and successful experience, please review the following with your parents and keep for future reference.

PRACTICE INFORMATION:

Practices take place every full school day (no Wednesdays) from March 23rd to June 2nd (May 28th to June 2nd only for district meet competitors) from 2:20-4:15pm regardless of weather. All track athletes are to be in the track area or with a coach at all times from 2:20-4:15. Only injured athletes may be sitting on the sidelines with the permission of their coach.

Athletes are expected to participate in every practice. If you are not actively involved in a workout, then you are expected to be walking or jogging on the infield. If it is necessary to leave practice before 4:15pm, you will need to have a signed note, bring all of your stuff out to practice and inform your coach. You will not be allowed back into the locker rooms during practice hours.

Athletes may be leaving campus with a coach for running during practice. At this time they are expected to follow all safety rules as designated by the coach including, but not limited to: always cross at a cross walk, stay away from traffic and within designated lines, and always have a "running buddy." Also, all athletes will walk to Eastlake High School for designated track meets and will follow these same rules. Not following these rules may result in removal from the team and/or further disciplinary action.

Arrangements should be made for all athletes to be picked up by 4:15pm. Please make sure that you have a ride home after every practice.

ABSENCE:

If you are not on the school's absence list (excused absence) you will be required to bring a note to your attendance coach the day after an absence. Please notify your coach in advance if you will have a planned absence.

Two **UNEXCUSED** absences will result in your removal from the team.

MEET INFORMATION:

A meet schedule is attached to this letter with driving directions to other junior highs and high schools on the back. The meets will run roughly from 3:30 to 6:30 pm. It takes many people to run an efficient track meet, if any parent would like to volunteer to help out during any of our IJH-hosted home meets (4/17, 4/24, or 5/21) please email Scott Sartorius or Mike Harkins.

To be eligible to participate in meets, each athlete must complete at least 10 practices. In addition, athletes must be at practice the day **before a meet** and **in school the day of a meet to be eligible to participate** in the meet.

It is important for you to realize that you will be placed in meet events according to the needs of the team. You may be asked to fill a position that is not your first choice. We will make every effort to assist every athlete in achieving their goals; however the team goals always take precedence.

Meet assignments will be posted by 7:15am the morning of each meet in Mr. Harkins' room and Mr. Sartorius' room. If you have concerns about your placement, please check with your coach before lunch. After lunch, the official line-up will be printed and no changes will be made.

All athletes are strongly encouraged to stay for the entire meet to support teammates, however, if it is necessary to leave early, whether a home meet or an away meet, you **MUST** check out with your attendance coach and ride home with own parent.

ATHLETIC.NET

There will be an Inglewood Track and Field team page stored at www.athletic.net. Go to the website's homepage, click on middle school track and field, find Washington, and then finally Inglewood under the Lake Washington section. This should contain meet information and allow athletes to track their progress; both individual progress and District comparisons with other athletes.

UNIFORMS/SWEATS:

Information about ordering warm-ups will be given out the first week of practice. Inglewood warm-ups are not required, however some type of sweatpants and long-sleeved shirts are required in case of cold weather.

Team uniforms will be distributed to athletes and they are responsible for their care and maintenance throughout the season (and replacement cost if lost or damaged). All non-district participants will return their uniforms on the last day of the regular season, May 26th. The remainder will be turned in after the district competition June 2nd.

GRADES:

According to Inglewood's academic eligibility all students must have passing grades (C- or higher) in every class at grade check time. Those students not meeting this requirement must prove within a week that they have raised their grade. If this is not met, they will be suspended from the team.

COACHES:

Scott Sartorius – sprints, relays, shot put
Mike Harkins – middle distance, triple jump
Ryan Gilbert – hurdles, long jump
Holly Odle – sprints, hurdles, long jump
Todd Daugherty – shot put, triple jump
Kristin McLeod – long distance, high jump
Jon Zabriskie – long distance, high jump

ssartorius@lwsd.org
mharkins@lwsd.org
rgilbert@lwsd.org
hodle@lwsd.org
tougherty@lwsd.org
kmcleod-valeri@lwsd.org
jzabriskie@lwsd.org