

Timberline Middle School

Track Orientation – 2014

- 1. Participation and Eligibility** - Track is a team sport requiring commitment from each member. There will be a team for 7th, 8th, and 9th grade boys and girls. Participants must be able to attend practice after school. Team members must have earned a minimum of a 2.0 GPA in the previous grading period and have no more than 1 failing grade. Students may be removed from the team for inappropriate behavior during school or after school during practices or at meets. Students will miss part of the last period of the day for some of the track meets and will be expected to make up any schoolwork missed while away at competition. Try-outs will be held for the relay teams and the 100, 200, and 400 meter races where there are more than 4 athletes for each race (7th grade boys, 7th grade girls, 8th grade boys, etc.) At away meets, a maximum of six individuals per grade may compete in each field event. An unlimited number may compete in the long distance races (800 meters, 1600 meters, *3200 meters)

2. Events

Sprints

100 meter race
200 meter race
400 meter run

Field

Long jump
Shot Put (Boys 8.8 lb. / Girls 6 lb.)
High Jump

Distance Events

800 meter run
1600 meter run
3200 meter run *(9th Grade Only!)

- 3. Track Team Activity Fee** - All athletes must pay a **\$25.00** activity fee to Timberline in order to participate in track. **Students must pay this fee prior to the first track meet.** Checks should be made payable to Timberline Middle School and turned into the financial secretary, Mrs. Jensen, in the front office before or after school. This \$25 fee will include a team shirt. Ordering clothing beyond the team shirt is optional and at the student's own expense. Order forms for extra clothing are available from the coaches.

4. Health & Pre-participation Forms

A pre-participation form is required of all athletes each year. **Alpine School District Policy currently requires all athletes to get a new physical examination each year.** Each athlete will need to turn in a physical form to the coaches that was performed within the last year to meet this requirement. A blank physical form will be provided, however, if you have doctor signed physical for a different activity that meets the date requirement, it will be accepted (doctor's report, scouts, a different sport, etc.) **The physical must be turned in prior to the first meet or you will not be able to compete, so please contact your physician NOW!!!** If you don't have a regular physician, there are clinics where you may be able to get a sport physical for a one-time fee.

- 5. Insurance** - **Alpine School District policy is that students should have personal health care insurance to participate on a team.** If you do not have insurance, very inexpensive school activity coverage is available. See Coach Wood for an insurance packet if you need one.

- 6. Uniforms** - The school will issue track jerseys that will be used for competition. The green mesh P.E. shorts are worn with the shirts. It is recommended for each participant to have a pair of sweats to wear during long waits at the meets. We will be placing an order for sweats and team T-shirts this year (see attached order form), however, this is optional. Each athlete who pays for track will receive one team shirt included in the participation cost.

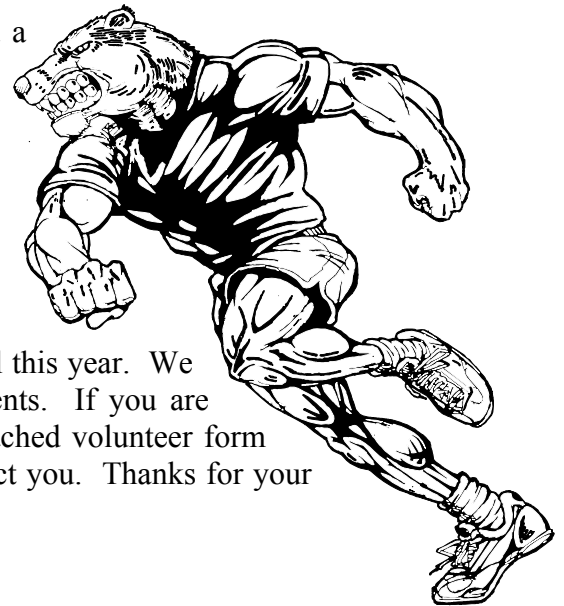
A good running shoe is necessary. Many sprinters like to compete in shoes designed for track (with spikes) for increased traction, however, spikes are **not** mandatory. 26.2 in American Fork offers team discounts if you need new shoes. You get a discount for being on the team and an additional discount for good GPA, so take in your report card for the best discount. Other running stores in the area offer similar discounts.

- 7. Practices:** begin **February 26th and go from 3:00-4:30 p.m.** at the Timberline gym and will take place every school day. Please arrange for rides in advance as a phone will not be available after practice.

Attendance at practice is mandatory. Roll will be taken.

- 7. Track Meets** - If meets are run efficiently, busses should return to the school no later than 6:30 p.m., however, **delays may and do occur.** Students may bring a cell phone so they can contact parents if the meet runs late. The following is a list of items that should be brought by each student to the meets:

1. Track uniform, socks, shoes, personal items, and a bag to carry it in.
2. Water in a personal container (water bottle)
3. Warm-ups to wear when not competing.
4. Snacks to eat during the long waits.
5. **Sunscreen**, a hat, T-shirts to cover bare shoulders.
6. A blanket to sit on or wrap up in (optional)
7. A coat or jacket if it's cool.



We will be hosting one track meet at Lone Peak High School this year. We will need several parent volunteers to assist with the different events. If you are willing to help on one or both of these days, please fill out the attached volunteer form and return it to Coach Barksdale or Coach Wood and we will contact you. Thanks for your support. If you have any questions, please contact us.



Timberline Track Coaching Staff:

Sue Barksdale
Mike Wood

sbarksdale@alpinedistrict.org
mwood@alpinedistrict.org

We are currently seeking 1-2 assistant coaches, particularly with the ability to help coach the distance runners and/or long jump and shot put. There is a stipend available if you are available and able to help most afternoons during practice. We can have some flexibility in not being able to be at each practice, but being able to come most days and Mondays particularly are very helpful. A district background check will be required. Please contact Coach Barksdale or Wood if you may be interested.

**Timberline Middle School
Track and Field Support Team**

Parents,

We will also be hosting one track meet this year on Wednesday, April 16th. We will need volunteers to help us with hosting this meet. Responsibilities vary from timing events to helping with various field events. The meet will begin at 3:00 and should end between 5:30-6:00 but some events end sooner.

If you can help us out by volunteering in one of these capacities at our home meet, we would appreciate it.

Please fill out the attached form and return it to Coach Wood or Coach Barksdale if you would be willing to help and we will contact you in advance of the meet to confirm. Filling out this form lets us know that you would be willing to help and we will contact you for a specific commitment prior to the meets. Thanks for your support!

Name: _____

Student's Name: _____

Phone # (home) _____ Work / Cell _____

Best time to contact you: _____

If you have any experience in assisting with coaching or running track meets or preferences in helping out, please indicate them below: **There is no experience needed for most of the positions, so please don't hesitate to get involved!**

I could help . . .

- Timing (2:45-4:30) Using a stopwatch to time the sprint events (we can train you!)
- Shot put (2:45-4:30) (measuring distance of thrown shot puts)
- Long Jump (2:45-4:30) (measuring jump distances and/or raking pits)
- High Jump (2:45-6:00) (Replace the bar in between jumps)
- Anywhere you need me

Thanks,

Timberline Coaching Staff



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Please Make Checks Payable to:

TTOD

Orders turned in after February 28th will not be back in time for our 1st meet!

All prices include Tax

Please choose your color and size.

Sizes are adult sizes,
when in doubt, go small.

	Price	S	M	L	XL	2XL (add \$2)	Black	Gray	
Hoodie	\$19.50								
Sweat Pants	\$16.50								
T-shirt (short sleeve)	\$6.50								
T-shirt (long sleeve)	\$11.50								
Performance T - short	\$14.00								
Performance T - long	\$17.50								
Skull Cap Beanie w/ Embroidered Logo	\$9.50	One size fits all					Powder Blue	Gray	
Duffel Bag w/ logo	\$19.50	Small Approx. - 10.5 x 20.5 x 10"					Black /Gray	Green /Gray	Navy /Gray
Duffel Bag w/ logo	\$24.00	Large Approx. - 13.5 x 27 x 14.5"					Black /Gray	Green /Gray	Navy /Gray

Student Name: _____

Total: _____

Examples of logos/colors can be seen on Timberline Track Website (<http://tmstrack.wikispaces.com/Logos>)