

Timberline Middle School

Track Orientation – 2013

- 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 maintain a 2.0 GPA, and have no more than one “F” from Term 3. Eligibility will be determined before the first meet based on 3rd term grades and before Alpine Days based on current grades (4th term). 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.) 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 **\$15.00** 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. Ormond, in the front office before or after school.

4. Health & Participation Forms

The District requires that a parental consent form be completed for each participant each year. **In addition, the first year you compete, a doctor or physician must complete the medical portion of the form.** If you have a physical for another sport or for Cheerleading, Scouts, etc, dated within the previous year (or so), a copy of this form will be accepted. **If you competed for Timberline in track last year,** we may have a current copy of your physical on file. In that case, you would only need to complete, date and sign the first portion of the form with current health information and a parent signature. **This form must be turned in prior to the first meet or you will not be able to compete, so if you need a physical, please contact your physician NOW!!!** If you don't have a regular physician, there are clinics where you may be able to get a sports physical for a one-time fee. See Coach Wood if you have questions about this option.

- 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 Mr. Wood for an insurance packet if you need one with more details.

- 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.

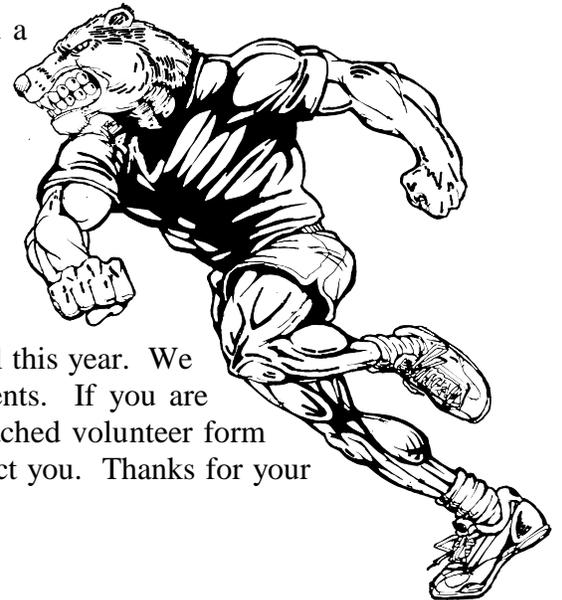
A good running shoe is necessary. Many sprinters like to compete in shoes designed for track (with spikes) for increased traction, however, spikes are **not** mandatory. 26.2 in American Fork offers team discounts if you need new shoes. You get a discount for being on the team and an additional discount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

- 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.

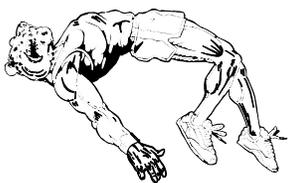
Attendance at practice is mandatory. Roll will be taken.

- 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:

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