

Gateway Middle School  
Home of the Guardians

Dear TRACK & FIELD Parents/Guardians:

Welcome to another season of Track and Field! We are excited for the 2024 season to begin. We want everyone to have a great time this year, but there are a few things you need to know about turning out for Track and Field...

Below are some responsibilities of being a student athlete in the Gateway track program...

1. All student athletes must have **8** practices in before they can compete in a meet. It is in your student athlete's best interest to attend ALL practices. It is expected to be at practice from start to finish. Missing practice may result in an athlete not being allowed to participate in a meet due to liability and injury prevention concerns. ***The deadline to sign up for track will be Monday April 15th.***
2. All student athletes must be on time. Practice begins promptly at 3:00PM and ends at 4:40PM, parent pick up from 4:45PM-5PM. Please plan to pick up your student athlete between 4:40-4:50PM. Coaches cannot leave until athletes are picked up so please be on time or make other arrangements for your child to be picked up or walk home. There is an activity bus to take kids home Mon-Thurs at 5pm. ***After meets, each athlete MUST be signed out before leaving. Failure to sign out will result in not competing in the following week's meet. We will NOT have practice on Fridays.***
3. Athletes are students **FIRST**. Students **MUST** be passing all classes with at least a D grade. Progress reports will be checked by Mrs. Trachte in the office who will issue a report of any student that will not be eligible to compete and or practice. Classroom/school behavior will also impact a student athlete's ability to compete and practice. Study Club is strongly encouraged to get grades up.
4. ***Due to the large number of student athletes that turn out for Track and Field, appropriate behavior at track practice and track meets is expected. School expectations and discipline are asked to be followed. Horse playing IS NOT allowed for safety reasons. The same goes for socializing. Due to liability and injury prevention concerns, students are expected to be alert and participate in all warm-ups, activities, and events. The track will be CLOSED for practice, only track members are allowed in the track area. We ask that parents watch from above if desired.***
5. Safety is one of our top priorities! The use of MP3's, phones, iPods, etc. at practice is **NOT ALLOWED** for safety and liability reasons. If you need to contact your child, please contact ***Coach Gordon***. ***Due to privacy laws, we have a strict, no photo policy during track and field practices. Please be mindful of this during the practice times.***

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6. All student athletes are expected to help out with the setup and cleanup at track and field practices and meets. All student athletes are responsible for the track and field equipment.
7. **ALL** team members are expected to be in the track area and in view of the coaches at all times.
8. ***Athletes may enter up to four (4) events. Every athlete will receive a time or mark for their placement of events. Only the first heat is scored during the track portions. Top marks throw first during the field events. Each week the athletes will have an opportunity to improve and compete for their time or mark outside of the track meet scores.***
9. All throwers, jumpers, and runners will be expected to fully participate in warm-ups, events and activities. We will be working on team conditioning to improve student athlete performance so that each individual has the opportunity for personal and team growth.
10. ***6th Grade Participation - 6<sup>th</sup> graders may practice but NOT compete in meets per WESCO rules. Only 7th and 8th graders may travel to meets on the bus. Throwing events will be limited to a daily throw limit to ensure adequate rest and development.***
11. Clubs/P.E. waivers. If you have other activities outside of school that may conflict, please talk with the coaches as missing practice may result in removal from scoring heat (only the 1st heat is scored at meets; top times and marks are placed in the first heat). P.E. waivers are allowed for 8th grade students, approved through their counselor. Full participation is expected when at practice.
12. All student athletes will treat each other and coaches with respect. Your student athlete is representing Gateway Middle School and the Everett School District. We want student athletes to take pride in themselves, other student athletes and coaches...all while having fun. Good sportsmanship is a **MUST!** Captains will be selected by coaches after the first week of practice.
13. School dress codes still apply during track practices and meets. PE/Fitness shorts and t-shirts are a good option for practice. Attire for PRACTICE may consist of sweats, shorts and an athletic shirt (PE/Fitness clothes). Attire for EVENTS will consist of your own shorts (black) and uniform shirt (provided).

If an athlete breaks the rules the following will occur:

1. *1st offense:* verbal warning/conference with coaches, review of the expected behaviors.
2. *2nd offense:* student athlete's parents/guardian will be contacted, and consequences may be given for continuous offenses, such as non-participation in a track and field meet or removal from the team.
3. *3rd offense:* Suspension and/or removal from the team.

Coach Chris Gordon

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SCHEDULE				
DATE	/	LOCATION	START TIME	/ EVENT
TBD		Gateway Middle	3:00PM	Pictures
4/24 (WED)		Jackson High School - NO RETURN BUS	3:45PM	Meet
5/1 (WED)		Eisenhower Middle School - NO RETURN BUS	3:45PM	Meet
5/9 (THURS)		Jackson High School - NO RETURN BUS	3:45PM	Meet
5/13 (MON)		Everett Memorial Stadium - NO RETURN BUS	3:45PM	Meet
5/16 (THURS)		Mariner High School	3:30PM	Meet
5/24 (WED)		Shoreline Stadium	3:45PM	Meet

**TRANSPORTATION:** All students must ride the bus TO the event and may be signed out by parent/guardian once their events are done. Athletes **MUST** sign out before leaving or they will not be allowed to compete in the meet the following week. There will be a RETURNING bus to Gateway for all out of district events (5/19 and 5/24). There will be NO returning bus for the in district meets (4/26, 5/10 and 5/15). **IMPORTANT: Students MUST sign out after completion of their meet, failure to do so will result in loss of participation in the next meet, PLEASE BE SURE TO SIGN OUT!**

If you have any questions, please feel free to email or call. Thank you!