

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 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 here at Gateway...

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. If you miss practices, you may not be allowed to participate in a meet due to liability and injury prevention concerns. ***UPDATED 4/14: The deadline to sign up for track will Monday April 18th.**
2. All student athletes must be on time. Practice begins promptly at 3:00PM and ends at 4:30PM, parent pick up from 4:30PM-5PM. Please plan to pick up your student athlete between 4:30-4:45PM. 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. ***UPDATED 4/14: We will NOT have practice on Fridays and we will extend our practice time from 4:30 to 4:40pm Monday-Thursday. Parent pick up will be from 4:40-5pm. Please ensure that your child has transportation arranged, coaches cannot leave until athletes are picked up.**
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. *UPDATED 4/14: 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**. ***UPDATED 4/14: 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. 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.
9. **6th Grade Participation - 6th graders may practice but NOT compete in meets per WESCO rules. *UPDATED 4/14: Only 7th and 8th graders may travel to meets on the bus.**
10. Clubs/P.E. waivers. If you have other activities outside of school that may conflict, please talk with the coaches. P.E. waivers are allowed for 8th grade students, approved through their counselor. Full participation is expected when at practice.
11. 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 a week of practice.
12. 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. First offense is a verbal warning for the student athlete and a review of the expected behaviors.
2. The second time that there is an issue, a 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.

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DATE	/	LOCATION	/	SCHEDULE	TIME	/	EVENT
4/25		Gateway Middle			3:00PM		Pictures
4/27		Evergreen Middle			3:45PM		Meet
5/4		North Middle			3:45PM		Meet
5/11		Jackson High (Home)			3:45PM		Meet
5/13		6th Grade Meet (Gateway)			3:30PM		Meet
5/16		North Middle (at Everett Mem.)			3:45PM		Meet
5/19		Explorer Middle (at Mariner High)			3:45PM		Meet
5/25		Einstein Middle (at Shoreline Stadium)			3:45PM		Meet

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