

Glenwood Track & Field

Dear Parents,

We would like to welcome you to Glenwood Middle School Track and Field and tell you a little bit about what will transpire during our season. Track and Field is a sport that requires much discipline and hard work. Your son/daughter should be commended for having the desire to be part of the team. Please encourage our athletes whenever you get the opportunity.

You will be receiving a weekly email with practice/meet information and directions to meets/invites. This info also will be posted on our website and emailed to those providing us with email addresses.

There are separate races for girls and boys during regular weekday meets. Girls run first while boys compete in field events, and then they will switch with boys running and girls participating in field events.

On Mondays, Tuesdays, Thursdays, and Fridays, there will be an after-school study hall for 6th grade track students at GIS. On Wednesdays, track is optional for 6th grade students only because there is no GIS study hall available after early dismissal. There will be an after-school study hall for 7th and 8th grade track students at GMS on Wednesdays. You can pick up your student after school and bring them back to practice by 3:20, or they can utilize the study hall. **This study hall is a privilege.** If behavior is an issue, students will be removed from the study hall, and they will need to find a ride after school and then back to track practice.

All athletes must have a copy of their current physical on file with the school nurse, as well as return signed copies of the team rules, BCSD Concussion and Insurance forms, and the Participation Waiver before they are allowed to practice/compete.

Please check our website. Keep updated by going to <https://www.gmstitans.org/>. We plan on using the website and email to keep you updated. We always can use help at home meets. Come out and join us!

Please read the attached team rules. Feel free to email us with any questions or concerns.

Looking forward to another successful season,

GMS Track & Field Coaches

Everything You Ever Wanted to Know About Track & Field

STUDENTS MUST HAVE A CURRENT PHYSICAL ON FILE WITH THE NURSE IN ORDER TO PARTICIPATE!

Four Teams:

6th/7th grade boys, 6th/7th grade girls, 8th grade boys, 8th grade girls

Tryouts:

There are no cuts in track. All students will compete at home meets. We will record a time or distance in each event. Students that record one of the top two times or distances will be on the away team. The away team is made up of our top two students in each event. As the season progresses, the students will stay in competition for away spots. There will be an opportunity for a student to earn a spot on the away roster throughout the season.

GMS Track on Twitter and Facebook:

Join the GMS Track Twitter/X by searching and following **Glenwood Middle School Track & Field @GMSTitansTF**. On Facebook, search Glenwood Middle School Track & Field to follow. We will post meet and practice cancellations and any new information that needs to get out quickly. This is the best place to get all of the information you will need to know during the season.

Relays:

4X100, 4X200, 4X400

After our tryout, we put together our three relay teams. There are four runners and an alternate spot on each relay. When a runner on the relay team is unable to run, the alternate will take his/her place. Relays can change all the way up to the Sectional Meet.

Communication:

If there is a change/cancellation in practice or a meet, I will post that information on the track website and the GMS Track Twitter and Facebook pages. Athletes will be told if they are going to an away meet.

Preferred order of communication: 1st-Athlete to Coach, 2nd-Parent to Coach, 3rd-Parent to Athletic Director

Shoes:

The most important thing for students to have is a pair of running shoes that are good for their feet. I recommend The Running Center because the customer service is the best in town. They are very knowledgeable and will not try to up-sell. If you tell them you are a GMS track athlete, they will give you a 10% discount.

Spikes (optional):

When purchasing spikes, make sure they are 1/4" pyramid spikes. Needle nose spikes or spikes larger than 1/4" spikes are illegal.

Medication:

It is the responsibility of the student to let the coaches know of any medication that the student needs during practice or meets.

Practice:

Practice will end at 5:00. The track is closed to everyone except coaches and athletes during practice. If we are at practice and the weather gets bad, we will take the students to the GMS or GIS gym. We will post on Twitter and Facebook which gym we are using.

Practice Attire:

The students should have clothes to change into that are appropriate for a workout. The weather is unpredictable so make sure they have enough clothes to layer. It is important that they have their name on all of their clothes. The coaching staff is not responsible for lost items.

Rides:

All rides should be at the track by 5:15.

Eligibility:

It is the student's responsibility to keep grades above a failing mark. A student is ineligible when receiving one or more F's. The grade is based on cumulative semester grades.

Home Meets:

All athletes will compete in home meets. They will get to choose which events they would like to compete in. Field events may be limited to a certain number of athletes.

Away Meets:

Away meets are not varsity meets. We will take the top two (three when we are allowed by the host team) in each event in 6th/7th grade girls, 6th/7th grade boys, 8th grade girls, and 8th grade boys. Typically, for the 800 and 1600, we can take up to five runners per grade division. It is important that all relay alternates are able to attend. Athletes will be told if they are going to an away meet. Athletes can be signed out by their responsible adult when their events are over.

Away Meets and Practice:

There will be no practice on meet days. If your student is not on the away team, they will leave school at dismissal. If track students must leave school early for a meet, it is the responsibility of the student to check with their teachers to get all missed assignments due to missing class for track meets.

East Peoria and Alton Invite:

This is considered a varsity meet. There are only divisions for all girls and all boys instead of the grade levels of other away meets. We will take the top two regardless of grade, and relays might be mixed around to include multiple grade levels depending on their times.

Washington Invite, Franklin Invite, and Sectional Meet:

These meets are not varsity meets. We will take the top two in each event in 6th/7th grade girls, 6th/7th grade boys, 8th grade girls, and 8th grade boys. It is important that all alternates in relays are able to attend. The Sectional Meet is the only way to qualify for State. The athlete must make a qualifying time/distance or finish first in the Sectional Meet in order to qualify for the State Meet.

6th Grade Track Meet:

All sixth grade track athletes will compete in this meet. This is a fun and great way to motivate the sixth grade track athletes to stay involved with track. The kids will choose which events they would like to compete in.

Possessions:

Coaches are not responsible for any lost or stolen items. Make sure to have your name on everything.

Home Meet Help:

We will need parent volunteers to help time at our home meets. No experience needed. We do not have enough coaches to cover everything, so we need and appreciate parent volunteers. We will not start a meet until we have all volunteers in place.

What should I do if I have questions? Please feel free to call or send an email at any time.

Frank Verenski

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217-836-0179

Please encourage your son/daughter. Track & Field is a great sport that requires discipline, hard work, and determination. We hope it is a positive experience for all!

Track and Field Team Rules

1. You are required to be at all meets and practices. If you miss a practice, you will be required to make it up at the conclusion of one of our weekly practices. When possible, the practice will be made up before the next meet. An unexcused practice absence will result in missing a meet. Two unexcused practices will result in dismissal from the team. An unexcused meet absence will result in dismissal from the team. School conflicts will be worked out between coaches, teachers, sponsors, and/or administrators. Excused school conflicts do not require make-up practice.
2. If you are in school, you are to be at practice. If for some reason you must leave school early, please talk to one of the coaches or have the school nurse notify us before you leave. If you are injured, you are required to be at practice since you are part of the team.
3. You must be passing all of your classes to be eligible to compete. If you are ineligible, you will not be able to compete for the following week. You will continue to practice with the team. If you are ineligible for a third time during the season, you will be dismissed from the team. You need to be home studying.
4. All athletes are required to ride the bus to meets. Athletes may ride home from away meets with their parents. Parents must sign the sign-out sheet, which will be located at our campsite, before the athlete is allowed to leave. Athletes must notify one of the coaches before leaving. It is important, whenever possible, that everyone stays until the end of the meet. Teammates need to support each other.
5. School-issued uniforms are to be worn only to meets. The NFHS/IESA rules require shorts to be worn as the manufacturer intended. Remember, this is a team with uniforms, not a fashion show to display the latest trends! Zippers on pant legs of school-issued sweats are to be zipped to prevent them from getting torn as a result of dragging on the ground. Stopwatch wristwatches may be worn at practice/meets. No jewelry is allowed to be worn at meets.
6. Anyone not being a good representative of Glenwood will be disciplined at the discretion of the coaches.
7. Coaches will address discipline problems as they arise.
8. Be competitive, be supportive, work hard, make no excuses, carry on the winning Glenwood Track & Field tradition!
9. Have fun!