**GMS Track Information**

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

**4 teams:**

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

**Tryout:**

We will record a time or distance in each event. The 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. There are no cuts in track. All students will compete at home meets. 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. We **do not** use split times to determine who runs on a relay or open race. Students **MUST**have a current physical on file with the nurse in order to participate.

**GMS Track on Twitter and Facebook:**

Join the GMS Track Twitter by searching and following GMS Track @Woot333. Search Glenwood Middle School Track and Field to follow on Facebook. I will post meet and practice cancelations 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 relay teams. There are four runners and an alternate spot on each relay. The alternate will run when a runner on the relay is unable to compete. Relays can change all the way up to the Sectional meet. We do not use relay split times to determine who is on a relay or open race.

**Home Meets:**

Everyone will compete at home meets. We will take their time/distance and see if it qualifies anyone for a run-off. You may leave once you are done with your event(s). Students at home meets can pick up to four events to compete in. If they need direction on events we ask them to come talk with us, we encourage them to do as much as possible.

**Away Meets:**

The top two in each event will go to the away meets. There are meets when we can take more 800 and 1600 runners. **There will be no practice on meet days**. It is the responsibility of the student to check with their teacher to get all assignments missed due to missing class for track meets. Students can sign out when their events are over. A parent or guardian can take the athlete to and from the meet. I will have the athlete tell me before the meet if they are driving or signing out with a parent or guardian.

**Practice:**

The students should have clothes to change into after school that is appropriate for a workout. The weather is unpredictable so make sure they have enough clothes that they can layer up. It is important that they have their name on all of their clothes. The coaching staff is not responsible for lost items. The water will not be turned on until after spring break, all athletes should bring water to practice. Practice will end at 5:15. The track is closed to everyone except coaches and athletes during practice. If we are at practice and the weather gets bad enough we will take the students to the GMS or GIS gym. We will post on Twitter and Facebook which gym the athlete will be at. **All rides should be at the track by 5:15**. The last home meet will be the final meet for those athletes not on the Sectional roster. Practices after the final home meet will only be for athletes on the Sectional roster.

**Communication:**

If there is a change/cancelation in practice or a meet I will post that information on the track website and the GMS track twitter page. I will also post the away roster on the website.

1- Athlete to Coach

2- Parent to Coach

3- Athletic Director

**Shoes:**

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

**Medication:**

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

**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 on or more F's. The grade is based on accumulative semester grades.

**East Peoria and Alton Invite:**

**This is a varsity meet. We will take the top two regardless of grade and relays might be mixed around.**

**Washington Invite, Franklin Invite, Sectional:**

These are not varsity meets, we will take top two in each event in 7th grade girls, 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 or distance or finish first in the Sectional meet in order to qualify for the State meet. You must compete at either or both the Washington Invite and Franklin Invite to compete at Sectionals.

**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. They will be able to pick their events and make up relays.

**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 do need parent volunteers. We will not start a meet until we have all volunteers in place.

**Spikes:**

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