**Track Information**

Any student wanting to join track **MUST register** before participating. To register go to [www.gmstitans.org](http://www.gmstitans.org), at the top of the page click on “INSIDE ATHLETICS”, under that tab click on “REGISTRATION”. Once there you will see the steps needed to register through your skyward account. When you register for track then you are signed up. Athletic fees will be input after rosters are set. An email from the district will be sent when those fees have been applied. Please refer to the extracurricular code (found on the school and the athletic website) for specific details about athletic fees.

There will be **optional** winter runs every **Tuesday and Thursday from 3:30 to 4:30** in February before track starts. We will not have the winter run if the temperature is below 32 degrees. In order to participate in the winter runs you will need a **ride to pick you up by 4:30.** There will be a study hall for the sixth grade students.

Track practice will start on **Monday February 26th**. Practice will be from 3:30-5:00. All rides should be at the track no later than 5:15.

There will be a **study hall** for kids on the track team **after school**. You may pick them up 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 they can be removed from the study hall and they will need to find a ride after school and then to track practice.

There will be a **parent meeting** on **Tuesday March 5th** in the **GMS cafeteria** at **5:15**. Please attend the meeting to meet the coaches and get all of your questions answered.

**You MUST have a current physical on file with the nurse in order to participate.**

The water outside will not be turned on until after spring break. **Make sure your child brings water to practice.**

Go to the **track website** for all of the information you will need. Here is how you get to the track website:

gmstitans.org > click on Sports > click on track and field (co-ed).

Since track tryouts starts soon kids should be jogging/walking/running for 15-30 minutes as many days as you can. Everyone is at different fitness levels, if you need a walk break take it and start a jog/run when you can. Pace is not as important as putting in the time. Look forward to seeing everyone at the track!

If you need any more information please email fverenski@bcsd5.org