



**Severance Middle School**

**Track & Field**

**2018 Information Packet**

Head Coach

Charles Luce

(970)833-7200

[Charles.Luce@weldre4.org](mailto:Charles.Luce@weldre4.org)

***Assistant Coaches***

Sam Malmberg

Emily Agone

Natyle Brown

Wendy Thomas

Valerie Hubert

*If you are interested in volunteer coaching please contact Coach Luce with your availability!*

**Practice Times**

We will practice every day after school at 3:15 p.m. and will normally conclude by 4:45 p.m. Fridays we will dismiss at 4:30 p.m. Athletes must be dressed appropriately and ready to practice by 3:15 p.m.! It is important to understand that some practices will be shorter or longer in duration than others, depending on the current training phase. It is our intention to have practices done no later than 4:45 p.m. Please make sure to pick up your athlete as soon as practice is over.

**Attendance**

Consistent attendance is an expectation we have for all our track and field athletes who are committed to our program. Attendance will be taken after the first week of practice. If an athlete is to miss practice and/or a meet they need to notify the coaches as soon as possible. Unexcused absences will not be honored if not communicated before practice begins on that day. Many of our athletes also participate in other club or recreational sports and activities.

Please have the student athlete communicate their schedule with the coaches on when they have another commitment.

### **Academics**

When a student is going to miss class for a track meet, he or she is expected to make arrangements with his/her teachers prior to the meet. In addition, when a student misses class due to a track meet, he or she is expected to make up that work.

### **Eligibility**

It is our expectation that our athletes will also be champions in the classroom. Eligibility reports will be run every Tuesday at 9 am. If a student is on that list they will not be able to compete that week. They will not be eligible to compete until the next week pending that they have increased their grade(s). If an athlete is failing **two** or more classes they will not be eligible for that week. If extra time is needed in the classroom the athlete will be excused from practice to get needed assistance in the classroom.

### **Conduct**

We expect our conduct to be of utmost respect at school, during practice and when representing our school in competition (including travel to and from meets). We will demonstrate a strong will to compete and the same amount of good sportsmanship. Attitudes are learned and attention will be given to appropriate language and behavior at practice, during bus rides and at meets. There will be no footballs, frisbees, sunflower seeds or portable speaker devices for players at practice or meets. Clear instructions will be given to athletes for appropriate behavior at meets. Remember, we want to “set the example” and be proud of more than just winning. Let’s create a great reputation for Severance Middle School Track & Field.

### **Required Forms and Fees**

Athletes will need to have all of their paperwork turned into the Severance Middle School Front Desk before they can compete in their first meet (3/28). You will need to pay the athletic fee, have a current physical form and registration form.

### **Uniforms**

Competition gear will be checked out to the athletes prior to the first meet of the year. All athletes are responsible for that gear throughout the duration of the track and field season. Failure to return the issued gear at the conclusion of the track and field season or uniforms damaged will result in that athlete paying for the cost of the gear.

Team t-shirts, hoodie sweatshirt and sweatpants will be available for purchase. These are optional and not required. Order forms will be available soon and are due to Coach Luce by **Friday March 9th**

### **Inclement Weather**

We will still have practice when the weather is bad outside. Spring is very unpredictable so athletes need to be prepared for any type of weather condition. Please bring plenty of warm clothing in case of cooler weather. If the weather conditions are unfavorable we will do conditioning in the gymnasium. If practice is held in the gymnasium due to weather practices

will end at 4:30 pm. Please make sure to check the Severance Middle School website for Updates.

**Practice Format**

3:15 – 3:30 pm	Team Warm Up (two laps)/ stretch drills with grade level
3:30 – 4:15 pm	Break off into Sprints, Mid Distance, Throws
4:15 – 4:40 pm	Blocks, Relays, Jumps, Throws, Hurdles
4:40 – 4:45 pm	Cool Down/Practice Wrap Up

**Important Dates:**

**Tuesday , March 6th Parent Information Meeting SMS 5:00**

**Monday, March 5th, First Day of Practice Meet at Track at 3:15 pm**

**March 12th- 16th SPRING BREAK NO PRACTICES**

**Team Pictures 3/23 3:15**

Volunteers are needed for our home meets! Please contact Coach Luce if you are available to help! We need up to 20 volunteers per meet to help run field events, time the running events, starters and much more! Volunteers will need to be at the SMS Track by 2:45 pm.

# 2018 Schedule



## SMS TRACK 2018

			<u>SITE</u>
3/28/18	3:15 PM	SMS @ Turner	Turner MS
4/4/18	3:15 PM	Bill Reed @ SMS	SMS
4/11/18	3:15 PM	Erwin/SMS @ Con Ball/High Plains	MVHS
4/13/18	3:00 PM	Stan Kaufman CO-ED relays	Berthoud HS
4/18/18	3:30 PM	Walt Clark/SMS @ Con Ball/High Plains	MVHS
4/25/18	3:15 PM	**7th/8th Varsity Lucile Erwin/Windsor @SMS	SMS
4/26/18	3:15 PM	**6th Windsor/ SMS @ Lucile Erwin	LHS
5/1/18	3:15 PM	6th Grade Conference Walt Clark Hosts	TVHS
5/2/18	3:15 PM	JV Conference	SMS
5/9/18	3:15 PM	Varsity Conference	Berthoud
5/10/18	3:15 PM	Varsity Conference Turner/ Bill Reed Hosts	Berthoud
5/17/18			