



Indian Valley Middle School Track 2022



General Information-

- **UNIFORMS-**

- We are asking each athlete to purchase a shirt which they will be able to keep at the end of the season. Shirts are \$15.00 and the money is due **March 11 to Coach Pryor. Check or cash.**
Checks made to IV Booster Club
- **If you have a shirt from last year you do not need to purchase a new one!**
- Shorts need to be a solid red color. See Ms. Pryor with questions. If you are purchasing long sleeves or tights for cold weather, we wear white long sleeves and red tights.
- **Feb 28th mandatory parent meeting at IVHS 6:00 pm** if your child has NOT played a sport this school year. 6:30 meeting for everyone else who has participated in a sport.
- **Mandatory practice begins on March 1** and will be held at the middle school for the first week.
- **All paperwork, including physicals must be turned in by March 1**
 - **Anyone who has not played a sport will need to fill out additional paperwork online. Info coming from Mr. Swaldo soon.**
- Please make sure you are on the Remind app for updates.

PRACTICE-

- Before you can participate in your first meet you will need **10 practices.**
- **If you are at school but will be absent from practice you need to let one of the coaches know ahead of time.**
- **If practice times are changed, an alert will be sent through the Remind App. Please sign up for this!**
- **Bring pants and long sleeves to all practices!!! If it is cold you will be miserable running in shorts/t-shirt. (Warm muscles perform better and decrease the chance of injury.)**
- Relay members and field event people may need to stay until 5:15. Practice will be shorter the day before a meet. **Please let your parents know the time they need to pick you up each day.**
- Middle school athletes will run in the **outside** lanes of the track.
- Students who do **not** already ride a bus to Gnaden will take a shuttle bus when practicing at the track. Tentative date to start that is March 7.
- **Please follow all rules regarding the new facilities.**

- **If you ride a bus to Gnaden, you will be able to change at the stadium. If you are riding a shuttle bus you will be dismissed at 3:10 to change starting next week.**

MEETS-

- **All athletes are representing Indian Valley and should do so with PRIDE at all times!**
- Make sure to report to your event after the 2nd call.
- Every athlete is allowed to participate in a maximum of 3 events per meet.
- Girls will sit in the front of the bus, boys in the back separated by the coaches or we will take separate buses. The next meet we will switch and boys will be in the front and girls in the back.
 - If our meet is north of Midvale, we will drop off athletes in Midvale following the meet. If we go through Port, we will drop off in Port. Final drop off will be in Tusky on meet nights.
- When the meet is over a parent will **need to sign you out before leaving.** If you do not there will be a punishment. If you are riding home with anyone other than a parent you need to fill out a consent form ahead of time. That paper is only good for that one meet. You do NOT need to sign out of home meets.
- Uniform shirts will be **tucked** in during all events. You will not roll up the sleeves or tie the back of your shirts.

- **It is a good idea to pack extra clothes for the meets. When the sun goes down it may get chilly. Also pack a trash bag at the beginning of the season in case it rains so you can put your bag/shoes in it to stay dry!**
- At the invitational meets, only the top two athletes in each event can participate.
- When the High School has a home meet, **you are expected to stay and help work. Those dates as of now are 3/29, 4/22, 4/26**

****No cell phones are to be out in a locker room. PERIOD!**