Dates are pending.

Indian Valley Middle School Track 2018

* **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 on **March 6.** These will not be the same shirts from last year so every athlete will need to purchase 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.
* **PICTURE DAY**- MARCH 13 after practice at Midvale. If it is raining pictures will be in the Midvale gym. Kids will probably be ready for pickup around 5:20.
* **Mandatory parent meeting March 8** at IVHS.
* 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 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 5:15-5:30. 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 Midvale will take a shuttle bus when practicing at the track. That will begin on Thursday, March 9.

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. 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. Final drop off will be in Tusky on meet nights. Because of high numbers we may be taking two buses.
* 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.
* 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. If you are not in an event you may still ride the bus to the meet to support your teammates, but you are expected to behave appropriately.
* When the High School has a home meet, **you are expected to stay and help work** the events and move hurdles. If you cannot attend you need to speak to one of the coaches.

\*\*As of now those high school meets will be: 3/28,4/11, 4/25\*\*



MS Track Website can be found at

<http://terapryor.weebly.com/2018-ivms-track.html>

Link to the remind messages

<https://www.remind.com/join/9a6afg>