

L'Anse Creuse Middle School-Central
7th and 8th Grade Track & Field
~ Team Rules & General Information ~

Coaches: Nielubowicz (girls) - nielubr@lc-ps.org
Gulecki (boys) - gulecjo@lc-ps.org
Chalk (boys)- chalkev@lc-ps.org

SCHOOL COMES FIRST!

- Track & Field begins right at the end of the 3rd Quarter. In order to **join** the team, all athletes must be eligible based on the 3rd Quarter Report Card grades and citizenship:
 - o MHSAA Academic Eligibility (passed 4/6 classes)
 - o MS-C “Positive Citizenship” marks earned. A student must have 5 or more “Positive Citizenship” marks (O for “Outstanding” or G for “Good”)
 - o These standards must be maintained the entire season to remain on the team.
- Students that do not maintain eligibility may be suspended from participating from practice, meets, and could be removed from the team.
- Team members’ that are suspended from any class are not allowed to participate in track on that day. This may also affect participation at future meets as well.

CALENDAR / ATTENDANCE Link to Team Calendar: <http://bit.ly/trackcal2024>

- ALL practices are mandatory unless special arrangements have been made.
 - o Practices start at 3:15 – athletes should be in the gym by that time, ready to head outside.
 - o Athletes need to be picked up within 10 minutes of our scheduled end time.
 - o If you are present in school, you are expected to be at track.
 - o If you are absent from school, you are excused from track.
 - o One unexcused absence = reduced participation (less events or sit-out entirely)
 - o Two unexcused absences = dismissal from the team (at coach’s discretion).
- Parent/Guardian must **e-mail coaches** (or send in a note) ahead of time if you will miss practice or a meet
- Multiple Sport Athletes: We can work around any scheduling conflict as long as:
 - o coaches of both sports are made aware ahead of time any conflicts with practices or meets and have approved any modifications to the schedule.
- If you have a PE class, you are expected to fully participate – if you sit-out in PE, you will sit-out in track – this may affect your meet participation as well.

ATTIRE / EQUIPMENT

- Athletes are expected to come to practice, ready to run – they should have school-appropriate clothing that is suitable for the weather. Running shoes (has cushioned sole, curved lip in front) are a requirement; specialty shoes (spikes, etc.) are an option. Court shoes or non-running shoes should not be worn.
- **UNIFORM** – all athletes must have a **uniform T-Shirt** – **orders** will be taken at the beginning of the season. Students with t-shirts from previous seasons may wear that shirt as long as it is in good condition.
- Water and bathroom facilities are typically locked at the track – students should bring a labeled water bottle with them to practice -- use the bathroom before leaving MS-C.
- Athletes may wear sports watches with timers or fit-bit-type equipment when working out. Cell phones should be secured in their backpack.



PRACTICE BEHAVIOR

- Due to the nature of track, athletes are often given individualized work-out plans and are expected to complete a workout without direct supervision.
- Athletes who skip parts of workout, lie to any coach about completing workouts, refuse to complete a workout, etc. will be dismissed from the team.
- All athletes should see a coach if s/he is having any difficulty with any portion of a workout – expectations can be individualized.
- During practices, athletes on both teams are expected to work together, with either coach. Students are expected to behave in a school-appropriate manner at all times – practice, bus, meets, etc. (No PDA!)

TRACK ETIQUETTE/SAFETY

- For safety reasons, please treat the track it like a road – look both ways before crossing. We share the facilities with multiple teams. (If you hear the word “TRACK” – get out of the way!)
- Do not cut across the field if soccer or lacrosse is practicing. Do not congregate in areas where you could be hit by a lacrosse ball (stay behind the nets) – always be aware of your surroundings to prevent accidents.
- Stay away from shot put, long jump, high jump, hurdles, etc. unless you have permission to be in that area.
- Respect other athletes and coaches – all levels, all sports – do not take, borrow, or steal any other sport’s equipment (tennis balls, lacrosse balls, etc.)

MEETS / COMPETITION / LINEUP www.remind.com/join/trackmsc or text @trackmsc to 81010

- There are 8 meets scheduled for the season, 4 home and 4 away. We try to reschedule meets that are canceled before they begin. If a meet is canceled *during* the meet, it will not be rescheduled.
- Sign up for **REMIND NOTIFICATIONS** for updates regarding canceled meets or practices, meet locations, meet results, etc.
- Coaches choose the lineup – not athletes – we may ask about preferences, but the coach has final say and will pick events based on what is best for the team, not necessarily the individual.
- Home meets – unless prior arrangements have been made, athletes are expected to stay for the entire meet – this is a team sport, you should not leave until it is over.
- Away meets – if an athlete has completed all of his/her events, s/he may leave, but **MUST** be signed-out by an adult (although it is good etiquette to stay until the end to cheer on your teammates.)
- Bussing is one-way only to away meets (except Romeo when they are on our schedule) – athletes **MUST** make arrangements for pickup at all of our away meets.

Athlete Printed Name: _____

Athlete Signature: _____

Parent/Guardian Signature: _____

(Bring signed form to the first practice.)

**KEEP THIS COPY
for your records.**

**L'Anse Creuse Middle School-Central
7th and 8th Grade Track & Field
~ Team Rules & General Information ~**

Coaches: Nielubowicz (girls) - nielubr@lc-ps.org
Gulecki (boys) - gulecjo@lc-ps.org
Chalk(boys) - chalkev@lc-ps.org

SCHOOL COMES FIRST!

- Track & Field begins right at the end of the 3rd Quarter. In order to **join** the team, all athletes must be eligible based on the 3rd Quarter Report Card grades and citizenship:
 - MHSAA Academic Eligibility (passed 4/6 classes)
 - MS-C Positive Citizenship Attained
- Students that do not maintain eligibility may be suspended from participating from practice, meets, and could be removed from the team.
- Team members' that are suspended from any class are not allowed to participate in track on that day. This may also affect participation at future meets as well.

CALENDAR / ATTENDANCE Link to Team Calendar: <http://bit.ly/trackcal2024>

- ALL practices are mandatory unless special arrangements have been made.
 - Practices start at 3:15 – athletes should be in the gym by that time, ready to head outside.
 - Athletes need to be picked up within 10 minutes of our scheduled end time.
 - If you are present in school, you are expected to be at track.
 - If you are absent from school, you are excused from track.
 - One unexcused absence = reduced participation (less events or sit-out entirely)
 - Two unexcused absences = dismissal from the team (at coach's discretion).
- Parent/Guardian must **e-mail coaches** (or send in a note) if you will miss practice or a meet – ahead of time if possible.
- Multiple Sport Athletes: We can work around any scheduling conflict as long as:
 - coaches of both sports are made aware ahead of time any conflicts with practices or meets and have approved any modifications to the schedule.
- If you have a PE class, you are expected to fully participate – if you sit-out in PE, you will sit-out in track – this may affect your meet participation as well.

ATTIRE / EQUIPMENT

- Athletes are expected to come to practice, ready to run – they should have school-appropriate clothing that is suitable for the weather. Running shoes (has cushioned sole, curved lip in front) are a requirement; specialty shoes (spikes, etc.) are an option. Court shoes or non-running shoes should not be worn.
- **UNIFORM** – all athletes must have a **uniform T-Shirt** – **orders** will be taken at the beginning of the season. Students with t-shirts from previous seasons may wear that shirt as long as it is in good condition.
- Water and bathroom facilities are typically locked at the track – students should bring a labeled water bottle with them to practice -- use the bathroom before leaving MS-C.
- Athletes may wear sports watches with timers or fit-bit-type equipment when working out. Cell phones should be secured in their backpack.



PRACTICE BEHAVIOR

- Due to the nature of track, athletes are often given individualized work-out plans and are expected to complete a workout without direct supervision.
- Athletes who skip parts of workout, lie to any coach about completing workouts, refuse to complete a workout, etc. will be dismissed from the team.
- All athletes should see a coach if s/he is having any difficulty with any portion of a workout – expectations can be individualized.
- During practices, athletes on both teams are expected to work together, with either coach. Students are expected to behave in a school-appropriate manner at all times – practice, bus, meets, etc. (No PDA!)

TRACK ETIQUETTE/SAFETY

- For safety reasons, please treat the track it like a road – look both ways before crossing. We share the facilities with multiple teams. (If you hear the word “TRACK” – get out of the way!)
- Do not cut across the field if soccer or lacrosse is practicing. Do not congregate in areas where you could be hit by a lacrosse ball (stay behind the nets) – always be aware of your surroundings to prevent accidents.
- Stay away from shot put, long jump, high jump, hurdles, etc. unless you have permission to be in that area.
- Respect other athletes and coaches – all levels, all sports – do not take, borrow, or steal any other sport’s equipment (tennis balls, lacrosse balls, etc.)

MEETS / COMPETITION / LINEUP www.remind.com/join/trackmsc or text @trackmsc to 81010

- There are 8 meets scheduled for the season, 4 home and 4 away. We try to reschedule meets that are canceled before they begin. If a meet is canceled *during* the meet, it will not be rescheduled.
- Sign up for **REMIND NOTIFICATIONS** for updates regarding canceled meets or practices, meet locations, meet results, etc.
- Coaches choose the lineup – not athletes – we may ask about preferences, but the coach has final say and will pick events based on what is best for the team, not necessarily the individual.
- Home meets – unless prior arrangements have been made, athletes are expected to stay for the entire meet – this is a team sport, you should not leave until it is over.
- Away meets – if an athlete has completed all of his/her events, s/he may leave, but **MUST** be signed-out by an adult (although it is good etiquette to stay until the end to cheer on your teammates.)
- Bussing is one-way only to away meets (except Romeo when they are on our schedule) – athletes **MUST** make arrangements for pickup at all of our away meets.

Athlete Printed Name: _____

Athlete Signature: _____

Parent/Guardian Signature: _____

**KEEP THIS COPY
for your records.**

(Bring signed form to the first practice.)