

The background of the slide is a dark reddish-brown color with a subtle, repeating pattern of a track and field running track. The track lines are light gray and form a grid-like pattern across the entire image. The text is centered and written in a bold, white, sans-serif font.

**Middle School
South
Track & Field
Information**

Middle School South Track

- For 7th and 8th graders
- Cannot be on the citizenship list
- MUST HAVE A PHYSICAL on file before practicing
(Physicals turned in for other South sports this year count)
- One-Way Busing (You must have a ride home from meets)
- Track practice ends at 4:30/Track meets end 5:30-6:00 p.m.
- Schedules available during lunch
- If you have an inhaler, please let a coach know and bring it to every practice

Middle School South Track

- You can participate in up to 3 events
 - Sprints, middle distance, long distance, relays, hurdles, shotput, high jump, relays, long jump
 - Coaches help decide your events
- Track packets available from your Math Teacher:
 - Track General Information
 - Remind Form (Join to get updates from coaches)
 - Track Practice/Meet Calendar
 - Track Gear Online Order Info w/ QR Code
 - **Orders due by Thursday, April 10th**
 - Physical Form (Only if track is your first sport this school year)
 - **Need to Turn in by First Practice**
 - Emergency Form
 - **Please return by Thursday, April 10th**

Practice Information:

Practices:

- You'll receive a calendar; practices end at 4:30
- You need a ride home or walk when practice ends
- Practice days will depend on your grade and/or events
- Be prepared to practice outside
- You'll receive a gym locker to change & lock valuables
- Sign-up for Remind (text reminders and messages)
- We will have water available at practice or bring own
- Everyone will run the mile the first week at practice
- No practices on Wednesday

What to Wear:

- Watch the weather and be prepared to run outside
- Running shoes work well, you don't have to buy spikes

Uniform Information:

- Navy Blue Track Shirt (REQUIRED)
 - Only (\$16) with your last name on the back
 - Use the one your ordered from last year (8th grade only)
 - You'll wear that shirt with blue/black shorts or leggings
 - This will be your uniform for all meets
 - You can also borrow one if needed
- Hoodie, Crewneck, Longsleeve, or Sweatpants (OPTIONAL)
 - Optional: You can order one, none, or all – your choice!
 - Color Options: Dark Pink or Black
 - Price Varies on Choice and Size
 - Your choice of the name or no name on the back

ONLINE ORDERS ONLY!!!

ONLINE STORE CLOSES on

***** Thursday, April 10, 2025 *****

The forms:

**Track forms are available
TODAY from your
Math Teacher!**

Here are the forms:

The forms:

2025 Middle School South Track Contract

The following information has been prepared to familiarize you with the expectations for the upcoming track season. Please take the time to read the following information.

<u>Coaches</u>	<u>Voicemail</u>	<u>E-mail</u>
Mr. McDonald	493-5620 ext. 2507	mcdonbr@lc-ps.org
Mr. Paternoster	493-5620 ext. 2496	paterja@lc-ps.org
<u>Mrs. Vanwelsenaers</u>	493-5620 ext. 2490	vanwejo@lc-ps.org
Mr. Mancini	493-5620 ext. 2525	mancida@lc-ps.org
Mrs. DeBruyne	493-5620 ext. 2543	debrula@lc-ps.org

➤ **NEWS: Reminder that there will be "One-Way Busing" for away meets. Athletes will be bused to the meet only. Athletes will be responsible for arranging their own ride home from the meet.** If you have any questions about the one-way busing, please contact one of the coaches.

Physicals:

Students **must** have a physical on file in the office prior to the start of track, **Tuesday, April 1, 2025.** If your child has not had a physical this year for another school sport, please get a form from the office or a track coach and take it to your doctor. Students will not be able to participate until the completed form is turned in. Any physical from a sport earlier in the year is acceptable.

The first two pages of the track packet basically cover this information and the rules/expectations of track.


Track forms are available from your Math Teacher Today!

Remind Information (next page of packet):

Sign-up for the app, receive track reminders and messages

The screenshot shows the Remind app's sign-up interface. At the top left is the Remind logo. The main heading reads "Sign up for important updates from Mr. Paternoster." Below this, a sub-heading states: "Get information for L'anse Creuse Middle School - South right on your phone—not on handouts." A section titled "Pick a way to receive messages for Track:" contains a circled 'A' icon and the text: "If you have a smartphone, get push notifications." This is followed by instructions: "On your iPhone or Android phone, open your web browser and go to the following link:" and a button with the URL "rmd.at/sabretrac". Below the button, it says: "Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app." To the right, a smartphone mockup displays the "Join Track" form with fields for "Full Name" (with a sub-label "First and Last Name") and "Phone Number or Email Address". At the bottom of the page, a navigation bar includes icons for save, print, up/down arrows, page number "1 / 1", and zoom in/out buttons.

- Calendar looks like this and practice ends at 4:30
- Practice depends on your grade and/or event (we will explain at practice)
- Dress for the weather, practices are outside
- Timed mile for everyone during the first week
- **First 7th grade practice is April 1st /First 8th grade practice is April 3rd**

 <h1 style="text-align: center;">April 2025</h1>						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 7th Grade Practice Only 3:00 - 4:30	2 No Practice Early Release	3 8th Grade Practice Only 3:00 - 4:30	4 No Practice	
6	7 7th Grade Practice Only 3:00 - 4:30	8 Field Events, Lg Distance, & Hurdles 3:00 - 4:30	9 No Practice	10 All Grades 3:00 - 4:30 ** T-Shirt and Hoodie Money is Due**	11 No Practice	
13	14 Field Events, Lg Distance, & Hurdles 3:00 - 4:30	15 Sprints, Relays 3:00 - 4:30	16 No Practice Early Release	17 Field Events, Lg Distance, & Hurdles 3:00 - 4:30	18 No School	19
20	21 Sprints, Relays 3:00 - 4:30	22 Full Team Practice 7th / 8th Grades 3:00 - 4:30	23 No Practice Early Release	24 AWAY Track Meet vs. AB North 3:30 - 5:30	25 No Practice School Dance	26
27	28 HOME Track Meet vs. Algonquin 3:30 - 5:30	29 7th & 8th Grade ALL 3:00 - 4:30	30 No Practice Early Release			

2025 Middle School South Track & Field Schedule

Contact Information:
MSS (586) 493-5620

Coach Patemoster
paterja@lc-ps.org
Ext. 2496

Coach McDonald
mcdonbr@lc-ps.org
Ext. 2507

Coach Vanwelsenaers
vanweo@lc-ps.org

Coach Mancini
mancida@lc-ps.org

Coach DeBruyne
debrula@lc-ps.org

Schedule subject to change

Uniform/Track Gear Orders are Due by April 10th

ONLINE STORE CLOSSES AT MIDNIGHT!



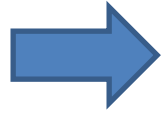
T-Shirt/Hoodie Orders:

- Online **ONLY!** Use the QR code or go to lcms.qmigroupinc.com
- Store is **OPEN** and you can start ordering **TODAY!**
- Store **CLOSES** on Thursday, April 10, 2025 at Midnight!



Track Gear Artwork:

Front of
Uniform
T-Shirt



Required!

- Uniforms consist of a navy blue South track shirt \$16 w/ last name on back
- *If you have one from last year, no need to order a new one, just reuse if it still fits.

Front of
Hoodie/
Crew/
Longsleeve



Optional

- Hoodie for \$30
- Crewneck for \$24
- Longsleeve Performance Shirt for 20
- Sweatpants for 23
- XXL or larger sizes are an extra \$2-3
- Colors: Black or Pink

Emergency Contact Information:

Return the form by Thursday, April 10, 2025. Looks like:

2025 Middle School South Track Emergency Contact Information

Please provide the following information and return by:

THURSDAY, APRIL 10, 2025:

Student Athlete Name: _____

Contact information

Parent/Guardian name: _____

Home phone number: _____

Cell phone number: _____

Additional number (Relative or Family Friend)

Name: _____ Phone Number: _____

Track & Field Review

- Track packets available TODAY from your Math Teacher!
- Check practice calendar; all practices end at 4:30
- Arrange for your own ride home from practice
- **Must have a PHYSICAL to attend practice**
- REQUIRED: T-Shirts cost \$16 (last name on back)
- OPTIONAL: Hoodies, Crewneck, Longsleeve, and Sweatpants
- All online orders are due Thursday, April 10th
- All forms are due Thursday, April 10th
- You can order hoodies/t-shirts ONLINE NOW
- See Coach Paternoster or Vanwelsenaers for questions