

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MARCH</b> 28 <b>Paperwork</b> <b>Due</b>	29 <b>First Practice</b> 3:20 - 4:40	30 Practice 3:20 - 4:40	31 Practice 3:20 - 4:40	<b>APRIL</b> 1 Practice 3:20 - 4:40
4 Practice 3:20 - 4:40	5 Practice 3:20 - 4:40	6 Practice 3:20 - 4:40	7 Practice 3:20 - 4:40	8 Practice 3:20 - 4:40
11 Practice 3:20 - 4:40	12 Practice <b>Event Sign-up</b>	13 Practice 3:20 - 4:40	14 <b>3:45</b> <b>Track Meet @</b> <b>Stocker Stadium</b>	15 Practice <b>Event Sign-up</b>
18 Practice 3:20 - 4:40	19 <b>3:45</b> <b>Track Meet @</b> <b>Stocker Stadium</b>	20 Practice 3:20 - 4:40	21 Practice	22 Practice <b>Event Sign-up</b>
25 Practice <b>Picture Day</b> Bring Track BLUE Shirts	26 <b>3:45</b> <b>Track Meet @</b> <b>Stocker Stadium</b>	27 Practice	28 Practice	29 Practice <b>Event Sign-up</b>
<b>MAY</b> 2 Practice	3 Practice	4 <b>District Finals Meet @</b> <b>Stocker Stadium</b> <b>1:00 Field Events</b> <b>2:30 Running Event</b>	5	6

### Important Information

- ✓ Practice starts at 3:20 & ends at 4:40 at Fruita 8/9 track. A bus will bring all 7<sup>th</sup> grade athletes over to the 8/9 after school for practice.
- ✓ **BRING WATER & SUNSCREEN EVERYDAY!!!**
- ✓ Students are to walk home immediately after practice or **pick up at Fruita 8/9 on the North side - main entrance by 4:45.**
- ✓ Athletes may participate in up to 4 events at each track meet.
- ✓ Students ride a bus from FMS to Stocker Stadium on meet days. There are **NO RETURN BUSES** for track meets. Athletes must have own ride home & parents must sign athletes out with a coach at the meet.
- ✓ No entrance fee for track meet except District Track Meet
- ✓ Cost at the District Meet is  
\$2 for 19-64 age group  
\$1 for 8 – 18 and over 65.
- ✓ Track meets begins at 3:45 except for District Finals on May 2.

**7<sup>th</sup> Grade Head Coach: Carroll**  
[Shannon.Carroll@d51schools.org](mailto:Shannon.Carroll@d51schools.org)  
 Asst. Coach: [Candace.Jay@d51schools.org](mailto:Candace.Jay@d51schools.org)

**8<sup>th</sup> Grade Head Coach: Decker**  
[Andrew.Decker@d51schools.org](mailto:Andrew.Decker@d51schools.org)  
 Asst Coaches: Mabley, Daniels, Willms

## COMMON QUESTIONS FOR TRACK

**ATHLETIC FEE:** \$70 fee needs to be paid prior to the first meet

**WHAT TO BRING TO PRACTICE:** Adequate shoes, water bottle, sunscreen, and layers incase of weather.

**WHAT TO BRING TO TRACK MEET:** Shorts to compete in, they can be any color. The tee shirts that were ordered will be handed out before our team photo and hopefully the first meet, make sure to bring your shirt. Good supportive running shoes is enough – spiked running shoes are not necessary. You should also bring layers incase you get cold or hot. You are allowed to run with a long sleeve under your school shirt. Finally, snacks, water bottle, and sunscreen.

**WEATHER:** Meets will only be cancelled if there is lightening. We are not able to make up meets due to Stocker Stadium being used by high school & college. Athletes need to bring clothing for all types of weather. We will run in rain, sleet, snow and wind. Please bring sunscreen & water!

**STOCKER STADIUM:** All track meets are at 12<sup>th</sup> & North Avenue in Grand Junction. All running events are on the track and finish lines are on the northeast side of track. The high jump is at the south end, the long jump and triple jump are on the west side of track. The discus and shot put areas are located outside the stadium on the east side of the baseball fences. **Fans are only allowed in stadium seating inside the track and stadium seating by shot/discus area. Parents are NOT allowed in the field.**

**FOOD:** Athletes need to eat a good breakfast & lunch on day of meets and drink plenty of water. These are long days. They may need to pack a snack for the meet and provide their own water bottle. The concession stand at Stocker Stadium is sometimes open.

**SEATING EXPECTATIONS:** Athletes are to sit together as a team. Expectations are that they are seated until their event is called. They do not wander inside the track in-between events. Coaches are on the track coaching events and are not in the stadium with the athletes. If we need an athlete we can go to the stadium area to find our team members easily. Please leave valuables at home and as soon as a parent/relative arrives we suggest giving backpacks to the family for security. There are many fans/athletes/others in the stadium and theft has occurred in the past.

**SIGN OUT:** Athletes are required to be signed out by a parent/guardian at each track meet. The clipboard will be in the stadium area of our team next to our medical kit. The clipboard will have a roster of our athletes with an area for a signature. If an athlete is riding home with another person we are to have a signed note from that adult giving permission for that ride. This is the same policy for our previous sports. If an athlete does not have the adult signature they are not to participate in the next meet.

**BUS TO TRACK MEET:** The bus will take our athletes from Fruita Middle to Stocker Stadium for the track meets. We will leave the school at approximately 2:30. There is **NO RETURN** bus to FMS. Athletes are responsible for getting a ride home. Athletes do not have to stay for the entire meet. They may leave when they are done with their events as soon as they are signed out.

Finally the first track meet is a great learning experience for the athletes. They have to be very responsible for themselves in the stadium seats and listening for the announcer to call the next events. Most middle schoolers have never participated or seen a track meet. We know all of our kids will do their best and we celebrate all accomplishments. We do our best to find events that best fit the athletes. Each week they may try different events. Some events are only allowed a certain number of participants and in practice we will have tryouts for those specific events. We go over the track meet results the day after our meets if we receive them. The district finals information is accessible through [comilesplit.com](http://comilesplit.com)

Thank you,

Track Coaches

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