

Madeline Symonds Middle School Track and Field 2017

Important dates

April 24 First day to sign up for track & Field
 April 26 First day of practice
 May 1 **LAST DAY TO SIGN-UP FOR THE TRACK TEAM**
 May 8-12 Team Selection (exact dates and events to be scheduled by coaches)
 May 24/25 Regionals (please note there is no county meet this year)
 June 2/3 Provincials

| Extra-Curricular / Coaching Preference 5 | |
|--|---|
| Team Administrator | Head Coach |
| Kathryn Slater Kathryn.Slayer@iwk.nshealth.ca | Patrick McGrath Pat.mcgrath@dal.ca |

| | |
|------------------------|---|
| Throws | Michael Tucker Michael.a.tucker@gsk.com Andrea Thompson andreathompson@eastlink.ca |
| Jumps | Gerry Strickland gdkkb@hotmail.com |
| Middle Distance | Patrick McGrath Pat.mcgrath@dal.ca Andrea Thompson andreathompson@eastlink.ca |
| Sprints | Brad Thompson bradthompson@eastlink.ca Todd Greenlaw Togreenl@cisco.com Andrea Thompson andreathompson@eastlink.ca |

| School Administration |
|---|
| Lynn Kazamel-Boudreau lboudreau@hrsb.ca Derek Ferguson dferguson@hrsb.ca |

Madeline Symonds Middle School Track and Field Team

The parent volunteers, coaches, team administrator and chaperones have met the necessary requirements for this sports team.

PARTICIPATION

In order to participate in practice or compete in events all students must have a consent formed signed by a parent or guardian. These forms can be picked up at the main office or found on the MSMS athletic page. No exceptions will be made.

PRACTICE SCHEDULE

Anyone wishing to participate in Track & Field this year should attempt to make as many practices as possible. If you cannot attend practices due to other sports or training email the coach responsible for your event. Please note that no exceptions will be made for attendance on event selection days.

- Practice schedule will be posted on the MSMS webpage
- Practices will take place at 2:15 at MSMS, pick up time by parents 3:15 at the school.
- If you are doing multiple events select the practice where you require the most help

TEAM SELECTION

The following is the criteria for team selection

- Participation and performance at schedule practices
- Performance at scheduled selection trials
- 4 athletes will be selected for each event for junior and intermediate boys and girls.

RAINDAY POLICY

Practices will be held if there is light rain and cancelled if it is down pouring. If the practice is moved indoors due to rain an email will be sent and an announcement made.

ATHLETIC FEES

- Each participant will be required to pay a \$5 fee to participate on the team
- Must be paid before the regional meet

COMMUNICATION

Coaches will be communicating with athletes by

- Email
- Announcements
- MSMS webpage under "What's New"

EVENT TRANSPORTATION

Students will be responsible for finding their own drives to both practices and events. At the track events students must also check-in upon arrival and check-out when departing.

TRAINING

It is expected that athletes are also training on the days when there are practices. If you need any advice on what you should be doing on these days just ask your coach.

SCHOOL POLICIES

Beside what is listed above athletes are also expected to follow all school and HRSB policies, this includes the athletic expectations that have been outlined this year in order to be part of the Track & Field team. All aspects of a each students individual profile are considered including making an effort in the classroom to achieve successful grades, conducting themselves in a respectful manner, attending school all will be considered. If needed the status of a student may be reviewed by the School Planning Team.