



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 count)
- One-Way Bussing (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 during lunch and contain:
 - Track information
 - Track calendar
 - Remind form
 - Hoodie/t-shirt form **(order by Thursday, April 13th)**
 - Emergency Form **(return by Thursday, April 13th)**
- * You can turn-in forms and order starting today***

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:

- **Blue Track Shirt**

- Only (\$15) with your name on the back (**recommended**)
- You can borrow one (**not recommended**)
- You'll wear that shirt with blue/black shorts or leggings
- It will have your last name on the back
- You can wear the yellow track or blue track shirt

- **Hoodies**

- Optional; you do not have to order
- Dark pink or grey hoodie (\$30)
- Your choice of the name/nick name on the back
- You can order one, none, or both
- Pay with cash (McDonald or Paternoster) or PaySchools

All hoodie and t-shirt orders are due by
***** Thursday, April 13, 2023 *****

The forms:

2023 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.

Coaches	Voicemail	E-mail
Mr. McDonald	493-5620 ext. 2507	mcdonbr@lc-ps.org
Mr. Patemoster	493-5620 ext. 2496	paterja@lc-ps.org
Mrs. Vanwelsenaers	493-5620 ext. 2490	vanwejo@lc-ps.org
Mr. Mancini	493-5620 ext. 2525	mancida@lc-ps.org
Ms. Binge	493-5620 ext. 2543	bingela@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.

➤ **There is no cost for track this year.**

Physicals:

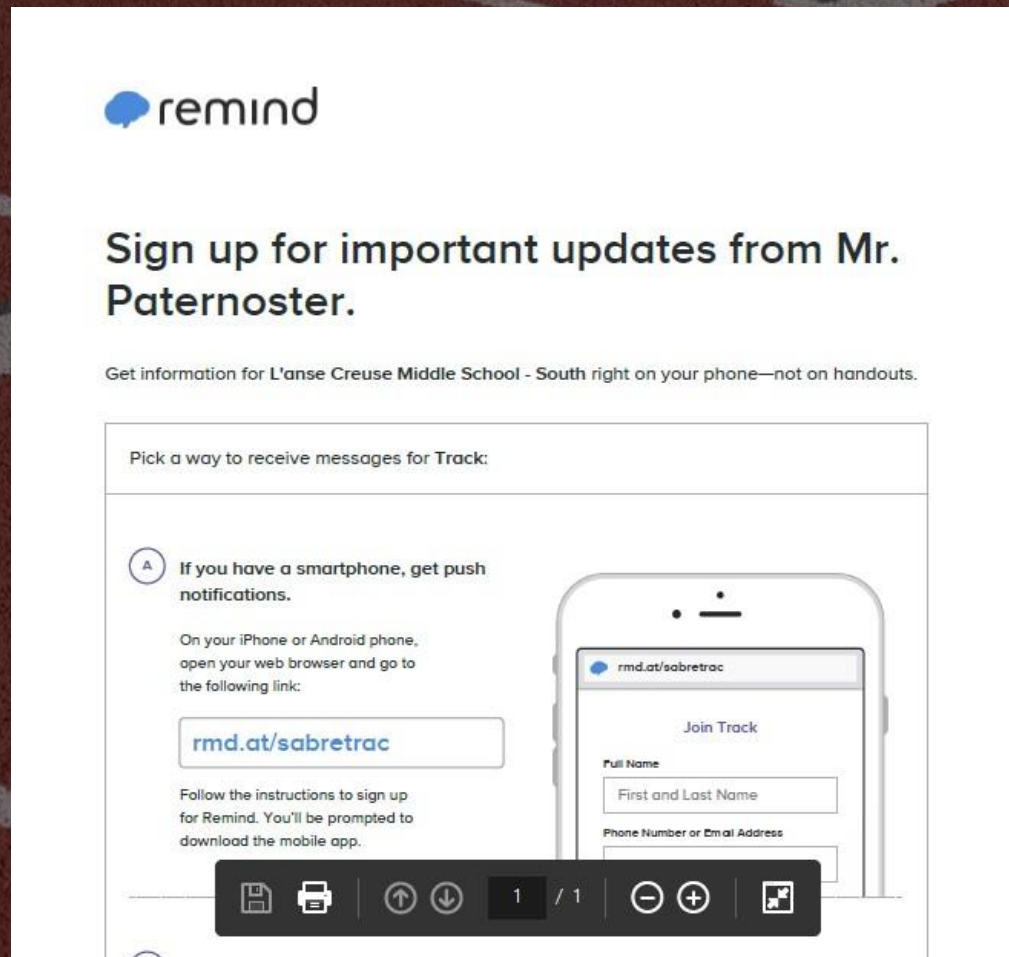
Students **must** have a physical on file in the office prior to the start of track, **Monday, April 10, 2023.** If your child has not had a physical this year for another school sport, please get a form from the office or a track coach and take it to your doctor. Students will not be able to participate 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 will be available at lunch on Tuesday

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 page. At the top is the Remind logo. Below it is the heading "Sign up for important updates from Mr. Paternoster." followed by a subtext: "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 two options. Option A, "If you have a smartphone, get push notifications," is selected. It provides instructions to use a web browser on a smartphone to visit the link rmd.at/sabretrac. 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 is a navigation bar with icons for saving, printing, navigating, and a page indicator showing "1 / 1".

remind

Sign up for important updates from Mr. Paternoster.

Get information for L'anse Creuse Middle School - South right on your phone—not on handouts.

Pick a way to receive messages for Track:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/sabretrac

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

Join Track

Full Name

First and Last Name

Phone Number or Email Address

1 / 1

Calendar looks like this and practice ends at 4:30

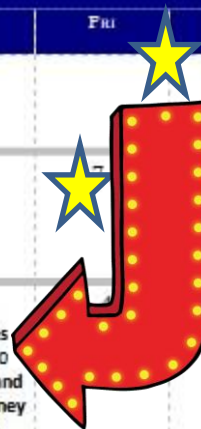
Practice depends on your grade and/or event (we will explain at practice)

Dress for the weather, practices are outside

First 7th grade practice is April 10th/First 8th grade practice is April 11th

 2023 Middle School South Track & Field Schedule Contact Information: MSS (586) 493-5620 Coach Paternoster 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 Binge bingela@lc-ps.org Schedule subject to change	April 2023						
	SUN	MON	TUE	WED	THU	FRI	
	2	3	4	5	6		
	9	10 7th Grade All 3:00 - 4:30	11 8th Grade All 3:00 - 4:30	12 No Practice Early Release	13 All Grades 3:00 - 4:30 ** T-Shirt and Hoodie Money is Due**		15
	16	17 Field Events, Lg Distance, & Hurdles 3:00 - 4:30	18 Sprints, Relays 3:00 - 4:30	19 No Practice Early Release	20 Field Events, Lg Distance, & Hurdles 3:00 - 4:30	21 Sprints, Relays 3:00 - 4:30	22
	23	24 Field Events, Lg Distance, & Hurdles 3:00 - 4:30	25 Sprints, Relays 3:00 - 4:30	26 No Practice Early Release	27 7th & 8th Grade All 3:00 - 4:30	28 No Practice Spring Dance	29

Uniform orders
and money are
due by April 13



T-Shirt/Hoodie Order Form:

**Form must be returned by Thursday, April 13, 2023.
Order thru PaySchools or bring cash to McDonald
Hoodie/T-Shirt form looks like:**

2023 Middle School South Track

(FORM MUST BE RETURNED WHETHER YOU PAY CASH OR USE PAYSCHOOLS)

☐ \$15.00 T-Shirt (Blue w/last name and will be worn as uniform)

☐ \$30.00 Hooded Sweatshirt (Hot Pink or Grey Hoodie)

☐ CASH

☐ PAYSCHOOLS

(Cash or Payschools)

Payschools-Online payment option can be found at MSS home page

ORDERS DUE BY: THURSDAY, APRIL 13, 2023

Name _____ Grade _____

T-Shirt Size (Circle One)

Last name will be printed on t-shirt and worn as uniform

Youth
XL

Adult
S

Adult
M

Adult
L

Adult
XL

Adult
XXL

Hooded Sweatshirt Size (Circle One)

Sweatshirt color (Circle One)

Hoodie design:



Emergency Contact Information:

Return the form by Thursday, April 13, 2023. Looks like:

2023 Middle School South Track Emergency Contact Information

Please provide the following information and return by:

THURSDAY, APRIL 13, 2023:

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 during Tuesday lunch
- Check practice calendar; all practices end at 4:30
- Arrange for your own ride home from practice
- Must have a physical to attend practice
- T-Shirts cost \$15 (last name on back)
- Hoodies cost \$30 (last name or nickname on back)
- Hoodie & T-shirt orders are due Thursday, April 14th
- All forms are due Thursday, April 13th
- You can order hoodies/t-shirts and turn forms in this week
- See Coach Paternoster or McDonald for questions