

Track & Field 2010

TRACK PACK

**ALL FORMS MUST BE RETURNED BEFORE
ATHLETES ARE ALLOWED TO PRACTICE.**

Coaches

**Coach Kelsey
Coach Ridgeway
Coach Parker
Coach Dvorak
Coach Vondran
Coach Gausmann**

Coaches' Letter to Parents and Athletes

- Athletes should always show proper respect and sportsmanship.
- Arrive to practice on time. (3:15) Late arrival will result in an unexcused absence.
- Unexcused absences – Any absence must be previously excused by speaking with your attendance coach and providing a parent note. (Detentions are unexcused)

3-results in suspension of a meet 4-asked to leave the team.

- Rides from practice **MUST** be here no later than 5:10!

Repeated failure to be picked up on time
will result in termination from the team.

- Athletes will stay for the entire meet regardless if they are finished with their events early.
- It is the responsibility of the athlete to make sure their times or distances are recorded by managers at each meet.
- Uniforms-Each athlete will be given a uniform. They will be assigned numbers. The athlete **MUST** return their assigned numbered sweats or uniform, or they will be fined.

- Practice ends at 4:55 each day.
- Please pick your student up by 5:00 to avoid dismissal from the team
- Track Meets start at approximately 4:45 and last around 2 ½ hours depending on how many schools are running and number of athletes.
- **Attendance Coaches** should be notified of planned absences via email or note prior to the absence.

2010 Season Track Event Coaches

Coach Kelsey – Running, Sprints & Relays
Coach Ridgeway – Long & Triple Jump
Coach Parker – High Jump
Coach Dvorak – Running, Sprints & Relays
Coach Vondran – Hurdles
Coach Gausmann – Shot & Discus

2010 Season Attendance Coaches

7th Grade Girls – Coach Dvorak
7th Grade Boys – Coach Ridgeway
8th Grade Girls – Coach Parker
8th Grade Boys – Coach Vondran
Please contact these coaches if your student is going to be absent from practice.

Explanations of Track Forms & Fees

- ✓ Parent/Athlete Information Sheet – Please provide us with basic information, volunteer availability, and transportation info.
- ✓ Athletic Participation Agreement – Students must fill out one of these forms for each sport he/she participates in at Hill Middle School. This form includes insurance information, emergency numbers, and parental permission
- ✓ Athletic Contract & Fees Payment – Students must pay a \$50.00 fee for each of their first two interscholastic sports of the year. Students should also read the “Coaches Letter to Parents and Athletes”, “Athletic Code of Conduct” and “Athletic Contract” before signing the athletic contract.
- ✓ Track Uniform Order Form – Students who do not have a team t-shirt should turn in a completed order form and check before they are allowed to run in a meet. Athletes who purchased a team t-shirt last year can reuse that shirt this season.
- ✓ Preparticipation Examination (Physical) – Students must have a current physical on file at the school for them to practice. Physicals more than a year old, need to be renewed before students will be allowed to practice.
- ✓ Fees – Athletic Fees and T-shirt expenses may be paid with cash or check. Cash should be placed in an envelope with the student’s name. Checks should include the athlete’s name in the memo field and be made out to the following recipients:
 - ❖ \$50 Athletic fee – Payable to “School District 204”
 - ❖ \$11 T-Shirt fee – Payable to “Hill Middle School”

All Forms Must Be Turned In...

Before Students Are Allowed To Practice!

Explanation of Events

Track Meet Format: The hosting school for each track meet will set the event participation limits for each individual event.. Meets earlier in the season tend to have more unlimited entry events. As the season progresses, the following limits are generally enforced by host schools:

Sprints 4-8 athletes

Hurdles 4-8 athletes

1600 M Run - Unlimited

Runs: 8-12 athletes

Field Events 4 – 8 athletes

Relays – 4 athletes (1 team)

Order of Events: Track meet running events will be run in the order listed below. Field event athletes will participate in their event at their earliest opportunity within their event schedule. Field events will usually close after the 800 meter run.

RUNNING EVENTS

100 Girls Hurdles – run on the front straight section of the track, hurdles are on the low setting

110 Boys Hurdles – run on the front straight section of the track, hurdles are on the low setting

800 Medley Relay (100x100x200x400) – team of 4 athletes each run a section of the relay in respective order

100 M Sprints – athletes sprint 100 meters down the front straight section of the track.

1600 M Run – athletes run 4 laps around the track

4 x 100 Relay (400 Relay) – team of 4 athletes each run a section of the relay in respective order

400 M Run – athletes run one lap around the track

4 x 200 Relay (800 Relay) – team of 4 athletes each run a section of the relay in respective order

800 M Run – athletes run two laps around the track

200 M Sprint – athletes run a half lap around the track

4 x 400 Relay (1600 Relay) – team of 4 athletes each run a section of the relay in respective order

FIELD EVENTS

Long Jump – athletes jump for distance into a sand filled pit

Triple Jump – athletes jump into the sand pit using a skip-step-jump technique

High Jump – athletes jump over a fiberglass bar using a variety of techniques. The Fosbury Flop is taught at Hill.

Shot Put – athletes will toss an 8 pound shot using shot putting techniques.

Discus – athletes will throw a 1 Kilogram rubberized discus using discus techniques.

PARENT/ATHLETE INFORMATION SHEET

Athlete Name

Grade Level.....

Parent Name

Parent Email

Parent Phone

Parent Cell Phone

Car Pooling

Is your student riding home from practice with another student? (Car Pooling) Yes / No

If yes, who is the student riding home with?.....

Volunteer Opportunities

The Hill Track team is hosting 2 meets this year on April 15, and April 29. To help run this meet efficiently, we rely on volunteers to help run events, run stopwatches, and record scores. Are you available to volunteer on either of these dates? (Please Circle)

April 15 at Metea

April 29 at Metea

If you are available to volunteer, how would you like us to contact you? E-Mail / Phone

Is there any additional information you would like us to know about your child?



Middle School Athletics Participation Agreement

Select Middle School:

<input type="radio"/> Crone	<input type="radio"/> Fischer	<input type="radio"/> Granger	<input type="radio"/> Gregory
<input type="radio"/> Hill	<input type="radio"/> Scullen	<input type="radio"/> Still	

The student's parent/guardian must complete and return form to the coach prior to practice/tryouts.

Grade: _____ Gender: { F { M
Sport(s): _____

Student Name: _____
Last First Middle

Address: _____

City/State/Zip: _____ Today's Date: _____

Home Phone: _____ Date of Birth: _____

Work Phone: _____ Physical Exam on File? { Yes { No

Emergency Phone: _____ If not, Physical Exam Attached? { Yes { No

Family Doctor: _____ Doctor's Phone: _____

Medical Concerns to be Shared with Coaches: _____

NOTE: ALL STUDENTS TRYING OUT/PRACTICING FOR A SPORT MUST HAVE A CURRENT PHYSICAL EXAM ON FILE WITH THE SCHOOL NURSE. A CURRENT PHYSICAL EXAM IS ONE THAT HAS BEEN COMPLETED WITHIN TWELVE MONTHS OF THE LAST DAY OF THE SEASON. PHYSICALS ARE VALID FOR ONE CALENDAR YEAR.

Is your student covered under a school insurance policy? { Yes { No

If not, your signature constitutes a waiver and a confirmation of other insurance coverage:

Insurance Company: _____ Policy Number: _____

Activity fees are \$50.00 per sport (maximum charge is \$100.00, regardless of the number of sports or activities in which the student is involved).

Parent/Guardian:

1. Your signature on this form will constitute written permission.
2. Athletes are responsible for equipment issued to them. All equipment/uniforms not returned at the end of the season will be billed to the family.
3. Either home or school medical insurance is required.
4. Athletes are asked to pay a \$50.00 fee per sport. Please attach a check (\$50.00 for one sport, \$100.00 for two or more) payable to your school.

Parent/Guardian's Permission - I approve of my child's request to participate in the Middle School Athletic Program and also understand the statements above.

Parent/Guardian's Signature _____ Date _____

Athletic Code of Conduct

Being an athlete requires more than being a team member. It often causes many demands which may require personal sacrifices. Being a team member is not a right, but a privilege. If an individual athlete is willing to put extra effort into athletics, he/she will be rewarded many times over.

Preamble: Participation in athletics means more than individual or team competition. It is more than winning or losing. Participating in athletics teaches many social and emotional lessons, sportsmanship, cooperation, teamwork, appreciation, understanding, and pride. This guide has been prepared for all Hill athletes with these goals in mind.

As an athlete you will be asked to read the following guidelines and submit a commitment to your coach.

1. Athletes will keep academics and citizenship on the highest levels.
2. Athletes must accept responsibility for taking proper care of all equipment and uniforms.
3. Athletes must realize that profanity is a sign of weakness that will not be tolerated.
4. Athletes will demonstrate good conduct in and out of school.
5. Athletes need to realize that while winning is a desired outcome; they must learn to enjoy victory, yet maintain modesty. On the other side of victory is defeat. Athletes should be able to accept losing graciously.
6. After a complete, well-played contest each athlete must courteously congratulate their opponents.
7. Athletes need to develop a pride in their coach, teammates, school, and most importantly, themselves.
8. Athletes must encourage their teammates at all times. They should never criticize or blame another teammate for their play.
9. Athletes will never argue or dispute an official's call.
10. Athletes have a great influence on their fellow students. Good examples such as speaking with respect to all students, faculty, and staff are a positive approach that is highly encouraged.
11. Athletes will remember to conduct themselves properly on all school busses as they represent Hill Middle School.
12. Athletes should maintain proper fitness throughout the year to avoid injuries.
13. Athletes should keep the locker room in proper condition: a) all clothes should be kept off the floor, benches, or on top of the lockers, b) lockers should be locked at all times, c) valuables and all other items should be locked in the lockers.
14. Athletes should arrive to practice on time. Athletes should also be picked up from practice promptly.
15. Athletes who are on medical release from physical education, or do not participate in physical education class will not be allowed to practice or play.
16. Any violation of the previously listed guidelines will result in appropriate consequences discussed by the coach, athletic director, and principal.

Eligibility

The school encourages its students to broaden their skills, knowledge, and citizenship by participating in school sponsored extra-curricular activities. In order to participate in such activities, each student must maintain a passing grade in all courses in which he/she is currently enrolled.

1. The focus of our eligibility process is to encourage students to participate in activities while maintaining satisfactory academic progress. Students need to earn passing grades to maintain their eligibility status.
2. These guidelines apply to all interscholastic athletic teams.
3. Eligibility check days will be approximately every other Thursday during the activity.
4. If a student is deficient, the following will occur by subject:
 - a. 1st deficiency- probation, given one week to bring grade up
 - b. If the deficiency is not corrected in one week, the student will be allowed to practice, but may not participate in any contest during that second week.
 - c. If the deficiency is not corrected in two weeks, the student will not practice or play until he/she has passing grades and regains eligibility. The student may try to regain eligibility then on a weekly basis.
5. If a student earns a second deficiency after regaining eligibility, the process will be followed less the one week of probation.
6. Individual cases of eligibility may be reviewed by the coach/sponsor, assistant principal, teacher, athletic director, or principal.
7. The athletic director and assistant principal will monitor ongoing student progress through communication with teachers and the online grade book. The athlete should take appropriate steps to intervention to keep ineligibility to a minimum.

Hill Middle School Athletic Contract

1. I will always be on time and prepared for practice and games, unless previous arrangements have been made with the coach. **If a student misses more than 3 practices (unexcused) he or she will be off the team.** The following steps will occur:
 - 1st missed practice- verbal warning from the coach
 - 2nd missed practice- coach will call home
 - 3rd missed practice- 1 game suspension
 - 4th missed practice- dismissed from the team
2. As a member of a team, I will be courteous, respectful, and practice good sportsmanship to my teammates, opponents, and teachers at Hill Middle School.
3. It is a privilege to represent Hill and proper behavior is required in class, practice, and athletic contests.
4. Proper care of equipment is mandatory.
5. I will use appropriate language at all times.
6. I understand that good sportsmanship is a must. Criticizing, blaming, or disrupting my teammates, coaches, opponents, or referees will not be tolerated.
7. I will be alcohol, drug, and tobacco free. These violations will result in immediate dismissal.

Violations of this code of ethics will be handled as follows:

- 1st violation- warning and conference with the coach
- 2nd violation- conference with coach, principal, athlete, and parent
- 3rd violation- review with principal and coach for team dismissal

Finally, since our goal is to have both an excellent school and athletic program. Violations of school rules are not acceptable. The following actions will be taken if inappropriate behavior is exhibited.

In School Detention:

- 1st offense- miss the next game
- 2nd offense- 1 week suspension from practices and games
- 3rd offense- dismissed from the team

Out of School Suspension:

- 1st offense- miss the next game
- 2nd offense- 10 day suspension from practices and games, and a conference with principal, athlete, parent, and coach.
- 3rd offense- dismissed from the team

Detentions:

3 or more detentions in one week will result in not playing for one week. A conference will also take place between the parent, athlete, and coach.

Athletic Contract and Fee Payment

I have read and understand the guidelines of the athletic contract and agree to abide by these rules.

Student Name (please print) _____

Student Athlete Signature _____

Parent Signature _____

Date _____ Sport _____

HILL MIDDLE SCHOOL

Fee Payment Methods:

The athletic fee of \$50 must be submitted with the contract agreement.

Cash _____ Check _____

Parent Signature _____

Student will not be able to participate until this form is turned in to the coach.



Preparticipation Examination

To be completed by athlete or parent prior to examination.

Name _____ Sport/Position _____
 Last First Middle
 Social Security Number _____ School Year _____
 Address _____
 City/State _____ Phone No. _____
 Birthdate _____ Age _____ Class _____ Student ID No. _____
 Parent's Name _____
 Address _____
 Phone No. _____
 Person to contact in case of emergency _____
 Phone No. _____
 Family Doctor _____ City/State _____
 Phone No. _____

Past Medical History

	Yes	No	If yes, please explain (what, where, when)
1. Presently taking medication (including birth control pills)?	_____	_____	_____
2. Have you been diagnosed with asthma?	_____	_____	_____
3. Have you been prescribed by a physician to use any asthma medication?	_____	_____	_____
4. Do you have a current consent form to self-administer the asthma medication on file with your school?	_____	_____	_____
5. Allergic to medicine, foods, bee stings?	_____	_____	_____
6. Wears any appliances - glasses, contact lenses?	_____	_____	_____
7. History of braces, chipped teeth, bridges?	_____	_____	_____
8. Has ongoing medical problem?	_____	_____	_____
9. Had serious or significant illness in past?	_____	_____	_____
10. Any past surgical operations, accidents, non-sports or related injuries?	_____	_____	_____
11. Any past injuries directly related to sports?	_____	_____	_____
12. Any hospitalization no explained above?	_____	_____	_____
13. Any known deformities (such as curvature of back, heart problems, one kidney, blindness in one eye, one testicle, etc.)?	_____	_____	_____
14. Any serious family illness (such as diabetes, bleeding disorders, etc.)?	_____	_____	_____
15. Family history of cancer?	_____	_____	_____
16. Heart			
Have you ever passed out during or after exercise?	_____	_____	_____
Have you ever passed out during or after exercise?	_____	_____	_____
Have you ever had chest pain during or after exercise?	_____	_____	_____
Do you get tired more quickly than your friends do during exercise?	_____	_____	_____
Have you ever had racing of your heart or skipped heartbeats?	_____	_____	_____

	Yes	No	If yes, please explain (what, where, when)
Have you had high blood pressure or high cholesterol?	_____	_____	_____
Have you ever been told you have a heart murmur?	_____	_____	_____
Has any family member or relative dies of heart problems or of sudden death before age 50?	_____	_____	_____
Have you had a severe viral infection (for example myocarditis or mononucleosis) within the last month?	_____	_____	_____
Has a physician ever denied or restricted your participation in sports for any heart problems?	_____	_____	_____
Has anyone in your family had a heart attack before the age of 50?	_____	_____	_____
17. Head and Nerve			
Have you ever had a head injury or concussion?	_____	_____	_____
Have you ever been knocked out, become unconscious, or lost your memory?	_____	_____	_____
Have you ever had a seizure?	_____	_____	_____
Do you have frequent or severe headaches?	_____	_____	_____
Have you ever had numbness or tingling in your arms, hands, legs or feet?	_____	_____	_____
Have you ever had a stinger, burner, or pinched nerve?	_____	_____	_____
18. Last tetanus shot?	_____	_____	Date _____
19. Last eye exam?	_____	_____	Date _____
20. Last Menstrual period (if women)	_____	_____	Date _____

Personal Habits

	Yes	No
1. Smoking/smokeless tobacco	_____	_____
2. Alcohol/non-medical drugs: marijuana, cocaine, etc.	_____	_____
3. Steroids	_____	_____
4. Eating Disorders - weight loss or gain?	_____	_____

Review of systems (Please check if you have any problems with any of the following areas of your body)

_____ Skin	_____ Lungs	_____ Shoulders, Arms, Hands
_____ Head	_____ Heart	_____ Hips, Legs, Feet
_____ Eyes	_____ Abdomen	_____ Muscle-Strength, Feeling
_____ Nose	_____ Back	_____ Mental, Emotional
_____ Mouth/Throat	_____ Urination	
_____ Nutrition	_____ Bowel Control	_____ Fatigue
_____ Weight Control	_____ Genital (including menstrual for women)	_____ Other: What?
_____ Neck		

I certify that the above information is correct to the best of my knowledge.

Student Signature _____

Parent/Guardian Signature _____

Both Student and Parent/Guardian Signatures Are Mandatory

Physical Examination

Height _____ Weight _____ Blood Pressure _____

Pulse: resting _____ 15 hqps _____ after 2 minutes resting _____

Visual Acuity: Eyes (R) 20/ _____ w/ glasses _____ (L) 20/ _____ w/glasses _____

Other Testing	Normal	Abnormal Findings
1. General	_____	_____
2. Skin	_____	_____
3. HEENT	_____	_____
4. Teeth (Dental Exam)	_____	_____
5. Neck	_____	_____
6. Lungs	_____	_____
7. Heart (Sit and Stand)	_____	_____
8. Abdomen	_____	_____
9. Genitalia	_____	_____
10. Musculoskeletal	_____	_____
Neck	_____	_____
Shoulder/Arm	_____	_____
Elbow/Forearm	_____	_____
Wrist/Hand	_____	_____
Back	_____	_____
Hip/Thigh	_____	_____
Knee	_____	_____
Shin/Calf	_____	_____
Ankle/Leg	_____	_____
Foot	_____	_____
11. Peripheral Pulses	_____	_____
12. Neurologic	_____	_____
13. Mental Status	_____	_____
14. Marfan Screen	_____	_____

Other Tests (optional)

_____ Auditory	_____ UV	_____ EKG
_____ % Body Fat	_____ Drug Screen	_____ Chest X-Ray
_____ Hgb/Hct	_____ SMAC	_____ Tanner Stage

On the basis of the examination on this day, I approve this child's participation in interscholastic sports for one year.

Yes _____ No _____ Limited _____

Additional Comments:

Examination Date _____ Physician's Signature _____

Physician's Assistant Signature* _____

Advanced Nurse Practitioner's Signature* _____

*effective January 2003, the IHSA Board of Directors approved a recommendation, consistent with the Illinois School Code, that allows Physician's Assistants or Advanced Nurse Practitioners to sign off on physicals.

Student's Name _____ School Name _____

Consent Form to Self-Administer Asthma Medication
(not needed if current form is already on file with school)

Parent Consent

I, _____, do hereby give my son/daughter, _____
Permission to self-administer his/her asthma medication as prescribed by his/her physician during athletic competition.

Parent's Signature _____ Date _____

Physician Consent

As a patient under my care, _____, is prescribed to self-administer the following asthma medication.

Medication _____

Purpose _____

Dosage _____

Time/Special Circumstances _____

Physician's Signature _____ Date _____

IHSA Steroid Testing Policy Consent to Random Testing

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

Beginning with the 2008-09 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school.

By signing below, we consent to random testing in accordance with the IHSA's steroid testing policy. We understand that, if the student or the student's team participates in state series competitions, the student may be subject to testing for banned substances.

No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing.

A complete list of the current IHSA Banned Drug Classes can be accessed at http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_drug_classes.pdf.

Signature of student-athlete _____ Date _____

Signature of parent-guardian _____ Date _____



Track & Field – Hill Middle School - March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15 PRE-SEASON CONDITIONING TRAINING 3:00- 4:00	16 PRE-SEASON CONDITIONING TRAINING 3:00- 4:00	17 PRE-SEASON CONDITIONING TRAINING 3:00- 4:00	18 SEASON STARTS Paperwork Due Practice 3:00-4:55	19 Practice 3:00-4:55	20
21	22 Practice 3:00-4:55	23 Practice 3:00-4:55 ALL PAYMENTS DUE TODAY	24 Practice 3:00-4:55	25 Practice 3:00-4:55	26 Practice 3:00-4:55	27
28	29 Break	30 Break	31 Break	1 Break	2 Break	3

Track & Field – Hill Middle School - April 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5 Practice 3:00-4:55	6 Practice 3:00-4:55	7 Practice 3:00-4:55	8 VS – Granger at Metea	9 Practice 3:00-4:55	10
11	12 Practice 3:00-4:55	13 Practice 3:00-4:55	14 Practice 3:00-4:55	15 VS – Still and Lincoln at Metea (Hill Hosts)	16 NO SCHOOL NO PRACTICE	17

18	19 Practice 3:00-4:55	20 Practice 3:00-4:55	21 VS – Washington at Naperville North	22 Practice 3:00-4:55	23 Practice 3:00-4:55	24
25	26 Practice 3:00-4:55	27 Practice 3:00-4:55	28 Practice 3:00-4:55	29 VS – Gregory, Still at Metea (Hill Hosts)	30 Practice 3:00-4:55	1

Track & Field – Hill Middle School - May 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Practice 3:00-4:55	4 Practice 3:00-4:55	5 VS – Scullen, Gregory at Waubonsie	6 Practice 3:00-4:55	7 VS – Gregory, Still at Neuqua Valley	8
9	10 Practice 3:00-4:55	11 Practice 3:00-4:55	12 Boys Conference at TBA	13 Girls only Relay Invite – Naperville North	14 NO SCHOOL NO PRACTICE	15
16	17 Girls Conference at TBA	18	19 UNIFORM TURN IN AT LUNCH	20	21	22

- Practice ends at 4:55 each day.
- Please pick your student up by 5:00 to avoid dismissal from the team
- Track Meets start at approximately 4:45 and last around 2 ½ hours depending on how many schools are running and number of athletes.
- **Attendance coaches** should be notified of planned absences via email or note prior to the absence.

Other Tentative Meets – 1) Mooseheart Invitational with Kennedy 2) Little Red Ribbon – Saturday Meet