



DeLaura Middle School

DeLaura Track Information

- Students are not allowed to practice or participate until ALL the paperwork is turned in from their track packet. All completed paperwork must be turned in to Ms. Rower ASAP.
- Students must maintain at least a 2.0 GPA to be eligible and maintain good behavior in the classroom and on campus.
- Nobody will be cut from the team. The top 2 Best times in the 100, 200 & 400 will run in the meets because these are races when each runner has an assigned lane. The 4 x 200 relay will be comprised of the top 4 best times in the 100 & 200. The 2 distance events, the 800 & 1,600, can have an unlimited amount of runners because it is not a laned race. We also have the Shot Put and long Jump, the 2 best distances in each event will compete in the meet.
- Practices are scheduled Mon-Thurs from 4:15 – 5:30 pm. Students can be picked up at the Satellite High School track promptly at 5:30 pm.
- We will not practice on the days we have meets.
- Students are free to leave home meets whenever their events are over.
- We will take busses to our away meets. Students may ride home with their parents, but MUST sign out with an administrator before they leave. Any athlete wanting to take a friend or neighbor home with them Must have a note from their parent or guardian.
- Because of COVID, athletes need to bring their own water or sport drink to hydrate during practices and meets.
- Any athlete needing an inhaler should have it with them at ALL times.
- Students need to take everything with them to the track after school. They will not be able to re-enter the school building after practice.
- Students should have comfortable running shoes to run in. Spikes ARE NOT ALLOWED in Middle School.
- We will not practice in heavy rain or a storm.
- Students are encouraged to bring a healthy snack to our meets.
- **Dress Code** – Blue or black shorts. NO Spandex shorts, No Leggings. Athletes MUST wear athletic shoes.
- **Uniforms** – We will be getting a new logo for our T-shirts and Hoodies, but if an athlete wants to wear last year's uniform, they can. Athletes MUST fill out a uniform order form. Athletes may bring the form and money to practice. ALL order forms must be turned in to Mrs. Fromson. All forms are due by **Monday, September 20th**.
- **Schedule** – the schedule is not complete at this time. We will inform the athletes as soon as it comes out.
- **Practices** – Students are expected to be at practice every day. If there is an appointment or a conflict with another sport, let your Coach know and we can try to figure out a solution.
- Athletes are expected to follow ALL school rules at practices and meets. Repeated infractions will lead to the student being dismissed from the team.