

**Dear Track & Field Athletes and Parents/Guardians:** Welcome to the McCormick Junior High Tiger Track and Field Program! We look forward to an exciting 2022 season. To make a quality team a reality, dedication, cooperation, and teamwork from all involved in the program - athletes, parents, coaches - is required. Below contains information, which should answer many of your questions, about the program.

### **Participation and Attendance:**

- **PHYSICALS - Parents: every student athlete must have a current signed doctor's physical form on file and all necessary FinalForms complete and up to date to participate in any athletic practice or event. Physicals are valid for 1 calendar year from the date it was signed by the doctor.** If you are not sure the date of their last physical, you can check with the doctor's office or the school office. **Please have these completed forms in the office prior to the first practice (March 7th) or give them to your coaches once they are completed.**
- **PAY TO PARTICIPATE: It costs \$75. McCormick students need to pay online at Pay Schools. St. Pete's students need to contact the school's secretary. Students will not be able to practice, if the payment is not received.**
- **Beginning March 7th, the 2022 mandatory season begins. Attendance at practice and meets is mandatory.** The following is a list of acceptable absences:
  - Absent from school
  - Family emergency. Bring a note from parent/guardian.
  - Medical/Dental appointment. Bring a note from parent/guardian or care provider.
  - Tutoring. Bring a note from the teacher.
  - **Please do your best to communicate to your coaches if you know you are going to be late or absent from a practice or meet.**
- Although events are contested on an individual basis, the cumulative effort of all participants determines the outcome of the meet. **To this end, competitors may be asked to compete in events not normally considered their "specialties".** We ask that you always give 100% for yourself and your team.
- You are required to stay until the end of meets. If it is an away meet, you are required to ride the bus to and from the meet with your team. It is important to stay and encourage your teammates! If you have unusual circumstances, always check in with your coach regarding these situations.
- **All team members will be required to help at our HOME high school meets with hurdle crew.** These are normally on Tuesdays with the exception of the Huron Invitational meet, which is on a Saturday. If you are asked to volunteer, please plan to stay after practice on these specific days.

### **Clothing: Wear clothing appropriate for the weather.**

- Spring in Ohio is unpredictable. The bulk of our training will be outdoors. All athletes need to be properly dressed every day, so please be aware of the weather conditions and dress accordingly.

- **Uniforms:** Students will receive order forms (at the end of packet) for team t-shirts they will need to purchase to wear to meets. These will serve as our uniforms. They may wear any red shorts they please to go with the shirt. (Shorts will need to be purchased on their own.)
  - **All orders, payments, and pick-ups for uniforms must be done at Bennett's Novelties: 2408 Cleveland Rd W, Huron. Coaches will not take orders or payments from athletes.**
- Optional team sweatpants, sweatshirts, and t-shirts will be available to order soon after our season begins. An order form will be sent home with the athlete.
- Runners are responsible for any and all equipment, which they lose, misplace, or damage.
- We share locker rooms with the high school athletes at the stadium. Make sure your belongings are taken home daily with you after practice. Otherwise, it will be placed in the lost and found. **We do not tolerate the stealing of other people's property.**

**Shoes: Most of your training will be in regular RUNNING shoes.**

- PLEASE purchase a good pair of new, supportive **RUNNING** shoes. It will make all the difference in preventing injury.
- "Spikes" can be worn during your event only and are a personal preference. Spikes are a lighter, less supportive racing shoe. 1/4 inch spikes are permitted for an outdoor track.

**Sportsmanship:** Good sportsmanship is a MUST. It is really nothing more than good manners and extending common courtesy to all athletes, coaches, officials, parents, and fans regardless of which team they represent. We will not tolerate displays of poor sportsmanship for any reason. Failure to comply with our sportsmanship policy can result in removal from the team. Keep in mind you are representing your school, team, and community.

Practice will begin March 7th at McCormick Junior High. Starting March 14th, we will meet at the high school track (weather permitting). Depending on the weather conditions, we will determine if practice can be held inside at McCormick or canceled all together. Please pay close attention to your afternoon announcements.

3:00 - Dressed and on the track

3:00-3:15 - warm up stretches and drills

3:15-4:30 - meet with your specific coaches for practice and specialties

Dismissal times will vary between 4:00 and 4:30 depending if your athlete runs distance, is a high jumper, pole vaulter, or long jumper as they will have a running workout AND a jump workout on some days.

**MEETS: Field events begin at 4:15 pm/track events start at 4:30 pm.** A meet sheet is attached. This can be found at [www.huronhs.com](http://www.huronhs.com) under the Athletics tab.

**Your coaches:** Distance: Coach Dunn                      Jumps: Coach Wennes  
 Throws: Coach James                                      Sprints/Hurdles: TBD

**Remind:** Text @tiger22jht to 81010 or use the link <https://www.remind.com/join/tiger22jht>

## **2022 Junior High Track Schedule**

Monday, April 4 @ Home (Tri)

Monday, April 11 @ Home (Quad)

Friday, April 22 @ Margareta Relays (Invite only)

Monday, April 25 @ Willard (Dual)

Monday, May 2 @ Edison (Quad)

Thursday, May 5 - SBC Pre-Lims @ Margareta (Invite only)

Saturday, May 7 - SBC Finals @ Port Clinton (Invite only)

see back for  
uniform t-shirt  
order form →

How to order uniform t-shirts:

- Go to Bennett's Novelties (2408 Cleveland Rd W, Huron) with order form (below) and payment.
- Pick-up from Bennett's Novelties at a later date.

2/23/22, 2:28 PM

price sheet.jpg

## ORDER FORM STUDENT

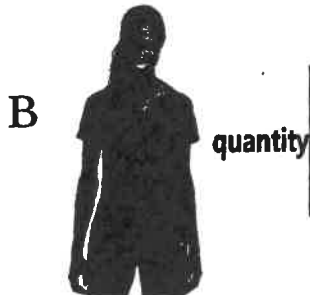
### A. ST361 ADULT



st361

	\$12.50	\$12.50	\$12.50	\$12.50	\$12.50	\$14.50	\$15.50	\$16.50
	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE	2XL	3XL	4XL
quantity								

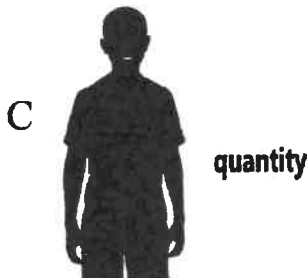
### B. LST361 LADIES V-NECK



lst361

	\$12.50	\$12.50	\$12.50	\$12.50	\$12.50	\$14.50	\$15.50	\$16.50
	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE	2XL	3XL	4XL
quantity								

### C. YST361 YOUTH



\$12.50   \$12.50   \$12.50   \$12.50   \$12.50  
 X-SMALL   SMALL   MEDIUM   LARGE   X-LARGE

quantity					
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ORDERED BY \_\_\_\_\_ PAID \_\_\_\_\_

**&2.50 EXTRA IF NAME ORDERED ON BACK**

ADDITIONAL OFFERED **NAME ON BACK** \_\_\_\_\_ ADDITIONAL PAID \_\_\_\_\_

**JUNIOR HIGH TRACK & FIELD EVENT WEEK**

PLEASE WRITE YOUR NAME UNDER WHICH EVENTS YOU WOULD LIKE TO TRY DURING THIS WEEK WE HAVE SET ASIDE. YOUR COACHES WILL ASSESS YOU DURING THESE TRIALS TO DETERMINE CAPABILITY.

**DISTANCE: 400M, 800M, 1600M (1 MILE) & 4X400M RELAY TEAM**

**SPRINTS: 100M, 200M, 400M, 4X100M RELAY, 4X200M RELAY, 4X400M RELAY**

**HURDLES: 100M/110M HURDLES, 200M HURDLES (30 IN. FOR GIRLS & 33 IN. FOR BOYS)**

**JUMPS:  
HIGH JUMP**

**LONG JUMP**

**POLE VAULT**

**THROWS:  
SHOT PUT & DISCUS**

**\*\*\*MAKE SURE YOU BRING THIS TO OUR TRACK PRACTICE \_\_\_\_\_ TO GIVE TO YOUR COACHES.\*\*\***

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