

# Oraze Track 2019

The track season is upon us and we are SO EXCITED that your child is going to be out there with us. It is a short season, but it is so fun! Just wanted to give you a heads up on some of the IMPORTANT things to remember.

## Some important info to remember:

- Some days it still may be a little chilly at practice, but we ask that your child wears sunscreen and brings plenty of water with them **EVERYDAY**.
- Dress code is still enforced at practice & meets.
- Wear running shoes to practice! It is not good for your body to run in converse, sandals, boots, etc. Students not in dress code and prepared to participate will be asked to sit out and go to the office to call home to be picked up. Students who sit out or who are absent will be marked absent from practice for the day.
- Track spikes will not be needed for practice. If your child qualifies in a race that uses track spikes we will let them know. Track spikes are optional.

## Uniforms:

Please wash in cold water and hang to dry. NO Bleach!! As your child's track season ends please wash and return uniform. Please place clean uniform in a Ziploc or plastic bag with your child's name on it and return to Mrs. Marzolf ASAP. During track meets runners might need to wear stickers to represent their number, PLEASE don't forget to remove this sticker after each race. PLEASE make sure it is removed before washing your uniform. Students will be charged for damaged uniforms resulting from drying them or leaving stickers on them.

## Track Season:

Everyone's track season length will differ based on athlete performance. Athletes will need to place weekly to move on to the following week. Students moving on each week will be told ASAP.

## **\*\*Practice Info\*\***

We have practice every M, T, TH, and Friday's (until we have track meets) except for April 12<sup>th</sup>. Students must attend TWO practices per week to be eligible to participate in Friday Track meets and events. Some absences are excused. Please inform the attendance coach if your child will be absent. Each case will be handled individually.

## Qualifier Track Meet Schedule:

Friday, May 3<sup>rd</sup> @ Clovis East High

Friday, May 10<sup>th</sup> @ Clovis East High

## Championship Track Meet Schedule:

Friday, May 17<sup>th</sup> @ Clovis East High (CE AREA CHAMPIONSHIPS)

Thursday, May 23<sup>rd</sup> @ Clovis East High (DISTRICT INDIVIDUAL CHAMPIONSHIPS)

**\*\*\*\*All qualifying marks/times will be determined by coaches based on practices and meets\*\*\*\***

Oraze Track Coaches

Alaman, Cooper, Lock, Marzolf, & McFarland

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## Track Athlete Agreement

### Uniform Agreement:

\_\_\_\_\_ has been assigned track shirt # \_\_\_\_\_ and track shorts # \_\_\_\_\_. This student is responsible for the care of this uniform and returning it in its original condition. Please note, all uniforms should be washed inside out (COLD WATER) and hung up to dry (NO BLEACH). Any race stickers should be removed immediately following the athletes race. All uniforms will need to be returned, washed and in a plastic bag labeled with the athlete's name. Please note, athletes are allowed to wear bike shorts (or other shorts) and a shirt or tank top under their uniform as long as it is a school color (black, white, or green).

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Parent/ Guardian Signature

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