

MAHONE TRACK TEAM GENERAL INFORMATION

1. Track practice will begin **Monday, March 18th**. Practices will run from **4:00-5:45 p.m.** Monday through Thursday and **3:00-4:45** Friday. **PLEASE PLAN TO PICK UP YOUR CHILD IN A TIMELY MANNER.**
2. Prior to the first practice, all members must have an up to date physical to participate in any practices or meets. This physical must be filled out by a physician and will need to be on file in the office. Any physical dated before **April 1, 2022** is no longer valid.
3. Before practice starts on March 18, students must have paid a \$50 user fee (\$100 cap per student per year) and completed all paperwork. Please read, sign, and turn in through the Infinite Campus portal all of the required forms. Both parents and athletes must sign the forms. **All forms are available through the Infinite Campus portal and are due by Friday, March 8th.**
4. Uniforms will consist of a track t-shirt and shorts and must be worn at meets; sweatpants and sweatshirt are optional. Uniforms are mandatory. All of these will be similar to the previous seasons. If you need a uniform, or need to replace part of a uniform, please turn in the uniform order form and money by **Friday, March 8th**.
5. To remain on the track team, all athletes must demonstrate effort and improvement. Athletes who are not trying to get better will not compete in meets and may be dismissed from the team.
6. It is expected that all track members stay at our meets for the entire track meet. We are a team, and we need everyone there at the end cheering and supporting each other. We will also sometimes need unexpected substitutes for events.
7. Athletes need to bring warm clothes (winter hats, gloves, sweatshirts and jackets) to practice and meets. Weather in Wisconsin is always changing in the Spring, and cold muscles could result in injuries.
8. All athletes must wear proper running shoes for practices and meets. Spikes (not required) may be worn at meets, not for practice.

MAHONE TRACK AND FIELD EXPECTATIONS

1. Middle School Track is an instructional and competitive sport. Athletes will be coached in best practices for training and competing. Athletes are expected to put maximum effort into training and competing. Athletes not participating with maximum effort will not compete and may be dismissed from the team.
2. All athletes must have a written note, signed by a parent/guardian, prior to the day of an arranged absence. If a student should leave school due to an illness or be absent from school, please bring a parent note the following day.
3. All athletes must attend a full day of school the day of a track meet. If you have an appointment the day of a meet, you will be allowed to participate in the meet.
4. All athletes must be at the practice prior to the day of the meet in order to participate in the meet. This is to ensure safety of all the participants.
5. All athletes must be receiving passing grades in all classes to participate. Any athlete not passing all classes will not be able to compete with the team until the grades are passing. Grades will be checked each Monday and only on Monday in advisory by the coaches.
6. Any conduct considered detrimental to the team will result in either suspension or dismissal from the team.
7. All athletes must realize that just because they are on the team does not guarantee them a spot in the meet. Only students who work hard, attend practice every day, have good grades, and behave well in school and practice will be competing in the meets. **Athletes not able to do the workouts in practice are not physically prepared to compete safely in the meets.**
8. **All athletes are expected to attend practice every day.** Please let the coaches know if your athlete will miss practice.

2024 Track Information

This packet contains both information about the 2024 Track season. All forms are available through the Infinite Campus portal. Please be sure to complete all forms so that your son/daughter will be cleared to participate.

Forms and Fees to Complete:

1. _____ Code of Conduct
2. _____ Concussion/Injury Form
3. _____ Mahone Athletic Try-out Form
4. _____ Athletic User Fee of \$50.00 (\$100 maximum per year)
5. _____ Uniform Order Form and Payment

Physical:

_____ To participate in track, each student must have a current physical on file in the school office before being allowed to practice. Physicals must be dated after April 1, 2022.

Volunteering:

_____ If you are interested in volunteering to coach an event or help out during a meet, please let us know. **We are always in need of parents willing to help - especially at meets.** Please contact one of the coaches if you are interested in volunteering.

Return:

All forms and money should be completed in Infinite Campus by **FRIDAY, MARCH 8th**. The first practice of the season will take place Monday, March 18th. No athlete will be allowed to participate in practice or meets without all forms completed, fees paid, and an up to date physical. If you have any questions, contact us by phone or email. Thanks! We look forward to another great season!

HEAD COACH RON PETERSON (359-8171) rpeterso@kUSD.edu

COACH MONICA SANTELLI (359-8173) mlsantel@kUSD.edu

Track Uniforms

We are using the same basic uniforms as previous seasons: Yellow/Gold shirt and Navy shorts. If you already have a uniform from last year, you do not need to buy another (unless you are missing a piece, outgrew it from last year, or want this year's dry-fit material). The uniform is mandatory and includes: Dry-fit shorts and t-shirt. Three uniform choices are available. In addition, a hoodie and sweatpants are also available - good for those "chilly" practices and meets.

All Uniforms must be PAID IN FULL BEFORE BEING ORDERED. Orders are due Friday, March 8. Make checks payable to Mahone Middle School, or pay with cash.

Please note: Circle the size for each item. If a different size is needed or to try on sizes, contact Brian or Anthony at Super Sports, 3206 80th Street, Kenosha, WI. Uniforms are custom ordered and cannot be returned. **Be sure of size when ordering!**

Option 1 \$25:
Dry-fit Short Sleeve Shirt AS AM AL AXL
Dry-fit Shorts AS AM AL AXL

Option 2 \$30:
Dry-fit Long Sleeve Shirt AS AM AL AXL
Dry-fit Shorts AS AM AL AXL

Option 3 \$40:
Dry-fit SS Shirt AS AM AL AXL
Dry-fit LS Shirt AS AM AL AXL
Dry-fit Shorts AS AM AL AXL

Full Package \$85
Option 3 items plus Sweatpants, Hoodie, and Name on Hoodie
AS AM AL AXL

Extras:
Dry-fit SS Shirt \$14 AS AM AL AXL
Dry-fit LS Shirt \$18 AS AM AL AXL
Dry-fit Shorts \$14 AS AM AL AXL
Sweatpants \$24 AS AM AL AXL
Hoodie \$28 AS AM AL AXL
Name on Back \$0.50 per letter (Hoodie Only)

Name reads: _____ (11 characters max)

Student name _____

Student Grade Level: 6 7 8 House _____

Total Due: _____ Payment: Cash _____ Check # _____