

January 29, 2019

Dear Roosevelt Students and Parents:

Thank you for your interest in Bulldog Track and Field! We are looking forward to fun and challenges in the 2019 season. Our coaching staff includes Meg Navolio, Mandy Ross, Zach Clinkman, Charlie Juister, and Louisa Starr. We are thrilled to be working with student athletes this spring, as they learn the ropes of this great sport and develop their fitness and confidence.

**Your child must have a recent sports physical, dated after June 1, 2018**, on file with Gina Hardy, the school nurse, to attend practices and meets. The required form is available online at: <http://rmsathletic.weebly.com/parent-information.html>

Team information and the season schedule are available at <https://rmsathletic.weebly.com/track--field.html>. You can register your child for Track and Field, pay the participation fee and order an optional team spirit shirt (\$20 extra) on the D90 web store site at <https://district90.revtrak.net>

***PLEASE NOTE: All conflicts with practices, and anticipated absences, must be submitted by email to coach Ross at [rossm@district90.org](mailto:rossm@district90.org), 1 week in advance of your planned absence.***

If your child uses an inhaler or other medicine, they must carry the inhaler or Epi-pen, or leave it with Coach Starr before practices begin. Thank you in advance for helping us to ensure the health and well-being of our student athletes.

Although we supply uniforms, we recommend that each student obtain a pair of good-quality running shoes for the season, as well as athletic socks to prevent blisters. Please be sure your child does not attend practice in basketball shoes, Vans, or Converse All Stars. Injuries can result from running in improper footwear.

Track and Field is a wonderful opportunity to build strength, agility, endurance and confidence in a supportive setting. We are committed to providing your child with a positive team experience, and we look forward to working with the Bulldogs this spring!

Your Track and Field Coaches,  
Louisa Starr, Mandy Ross, Zach Clinkman, Charlie Juister, and Meg Navolio

## **Expectations and Responsibilities**

### **Coaches**

All Bulldog Track and Field Coaches are committed to creating a positive, safe environment for students to personally challenge themselves, both physically and mentally. Coaches will work individually with all students to promote an increased sense of confidence and self-esteem. All coaches believe students should know their own bodies well enough to make the decision to ease up, take a break, or push harder. We hope to challenge our athletes to go beyond their comfort zone, while also reminding to listen to their bodies and use good judgment. Much of track and field is a personal challenge and experience within a team atmosphere.

### **Student Athletes**

Members of Bulldog Track and Field are students first and athletes second. All academic responsibilities take priority over any athletic goals or objectives. It is an expectation that our students gain experience in time management, and that while challenging themselves on the track, they also challenge themselves in the classroom.

### **Expectations for Student Behavior**

We want Track and Field to be productive for all team members. With that goal in mind, students deemed to be off-task, disruptive, or disrespectful will be given a “strike” by the coaches, and a parent/guardian will be contacted by email. Three strikes will result in dismissal from the team. Coaches, along with administrators, reserve the right to dismiss any student from the team for any extreme behavior incident (including but not limited to physical/mental harassment or abuse toward another student or coach, drug/alcohol infractions, and leaving a practice or a meet without permission).

### **Attending Practices**

Track and Field is a privilege, and requires a commitment. Proper behavior and regular attendance are necessary to achieve the goals of Bulldog Track and Field. Thus, attendance is taken at every practice. Students with an excused absence from school will be considered excused from track practice as well. If you know in advance that your child will not be able to attend on certain regular weekdays, or must miss a practice for an appointment, please send an email to Coach Ross ([rossm@district90.org](mailto:rossm@district90.org)) **Students who miss practice because of detention, homework lab, or ditching are considered unexcused.** A student should go to their assigned detention or homework lab and report to practice immediately afterward. They will then receive a half strike. Students coming to practice unprepared (no running shoes, no inhaler or other medical precautionary implements if needed) will also be considered unexcused and will receive a strike.

Students must attend practice the day of a meet and the day before a meet, in order to participate in the meet itself.

## **Meet Attendance**

Meets are a fun and inspiring component of Track and Field. They are not required, but we highly recommend that your child participate when he or she can do so. Once your child is signed up for a given meet, if circumstances arise that prevent attendance (illness or an emergency), **please email Coach Starr as soon as possible** ([starrl@district90.org](mailto:starrl@district90.org)). Additionally, students and parents should try to communicate any anticipated conflicts with scheduled meets as far in advance as possible. Many meets require the submission of lineups well in advance, and do not allow substitutes. This can be extremely disappointing for other members of the team, especially other relay participants.

## **Meet Lineups**

Meet lineups will be determined on the basis of times and distances compiled from recent meets and time trials conducted at practice. Please note that the composition of relay teams and lineups is entirely at the discretion of the coaches. While students may wish to run in certain events or with their friends, it is important to be flexible and do what is best for the team as a whole. Also, it is vital for athletes to be at practice on the day of the time/distance trial for a meet. If a child is absent, he or she may still earn a position in the meet lineup; however, this is not guaranteed. Often, we must submit meet lineups within a strict time frame.

The coaches will do their best to assign meet positions fairly, considering previous meet records and attendance as factors. Please note that in some cases, the student with the best time or distance in an event may not compete in that event. This is because of restrictions on the number of events an athlete can compete in, and because the coaches must also consider such factors as athlete fatigue and proximity of events in the meet schedule. For example, a sprinter may not participate in both the 100m and the 200m relays, and a mile runner may not be recovered sufficiently to run the next event on the meet lineup. We will do our very best to assign competitive positions fairly.

## **Post Season (Sectionals and State)**

Additional details regarding the post-season will be provided to qualifying students at the end of the regular season. The last meet of the regular season will be the OPRF meet on Friday, April 26. The last practice of the regular season will be on Tuesday, April 30, 2019. If your student athlete qualifies for sectionals, they will continue to practice and compete at least until sectionals on Saturday, May 11. If an athlete qualifies for the state meet, they will practice the following week and travel to Peoria for an overnight stay on Friday and Saturday, May 17-18.

*In accordance with the Roosevelt Middle School Student Handbook, all the policies and expectations of Track and Field are merely supplemental, and do not replace or change any rules and regulations set forth by the school administration, or District 90.*

*\*This handout was adapted from Tony Skaczylo's letter, "Expectations and Responsibilities."*

Welcome to the wonderful, fast-paced world of Track and Field! Here are a few reminders to help your child's season go smoothly.

**Parents, please take a few seconds NOW to sign up for our Remind team text messaging system. Stay in the loop! Enter the number 81010 on your phone. Text this message: @dhe729 That's it! Remind is for parents only.**

**Students will receive information via Schoology.**

**(You can also sign up for an email version of Remind messaging. From your preferred email, send a blank message to [dhe729@mail.remind.com](mailto:dhe729@mail.remind.com) (use a blank subject field))**

1. Any child requiring an inhaler, Epi Pen, or other medical aid must give the device to Coach Starr prior to the start of the first practice. Please do not count on Mrs. Hardy to provide these items to the coaching staff; we will need an additional device to carry in the Track and Field medical bag for the duration of the season.
2. Our contact information is below. The fastest and most reliable way to get in touch with a coach is usually by email.

Louisa Starr	<a href="mailto:starrl@district90.org">starrl@district90.org</a>
Meg Navolio	<a href="mailto:navoliom@district90.org">navoliom@district90.org</a>
Charlie Juister	<a href="mailto:juisterc@district90.org">juisterc@district90.org</a>
Mandy Ross	<a href="mailto:rossm@district90.org">rossm@district90.org</a>
Zach Clinkman	<a href="mailto:clinkmanz@district90.org">clinkmanz@district90.org</a>
3. Your attendance at meets is a big confidence-booster for the students! Maps to the meets are on the Roosevelt website (go to >activities>athletics>directions).
4. If you plan to take your son or daughter home from any meet instead of having him or her ride the bus, it is vital for you to check out with a coach before you leave the meet. Otherwise, we cannot take accurate attendance for the bus ride home. Failure to follow this rule may result in suspension from the next meet.
5. **Parents are only allowed to transport their own children.** To give permission for your child to travel home with another parent instead of on the Roosevelt bus, you must email Coach Starr BEFORE noon on the day of the meet. If we do not receive the email prior to leaving Roosevelt, your child will need to ride the bus home. We are sorry but we cannot make exceptions. Please take care to follow these guidelines; they are there for the safety of our students.
6. Your child will receive a uniform before the first meet. Please be sure to return the uniform (washed) to a coach at the end of the season.
7. Please be sure that your child has the following equipment:
  1. A good pair of running shoes (NOT soccer cleats, Vans, Converse, or basketball shoes).
  2. Shorts and t-shirts for warm weather training; sweatpants and several top layers for cold-weather training
  3. A warm coat, hat and gloves for cold meets (there is a lot of waiting)
  4. Sunscreen
  5. A water bottle and healthy snack (granola bar or similar-no peanuts)

# 2019 Bulldog Track and Field Season Schedule

Meets marked with \*\* are for all athletes. All other meets require qualification. Qualifiers will be notified one week prior to each event.

\*\*April 10 Thomas Meet @ South Middle School (400 S. Highland Ave, Arlington Heights, IL 60005); start time: 3:30

\*\*April 26 OPRF Meet @ OPRF High School; start time: 4:15

April 27 Lisle Little Cat Invite @ Lisle Jr. High (track location: 5807 Center Ave. Lisle IL 60532; see website for detailed directions)  
start time: 9:00am MEET BUS AT RMS AT 7:15AM

May 4 River Forest Invite @ Concordia University River Forest (limited entry); Athletes must arrive at 8:15 AM; meet begins at 9:00 AM

May 8 Sandburg Relays, Rolling Meadows (limited entry);  
start time: 3:30  
Rain date: May 9

May 11 Sectionals (qualifiers only)

May 17 - 18 STATE MEET (qualifiers only; this is an overnight trip)