

KMS Track & Field Tryouts 2020 Season

Our Track & Field season will begin with Tryouts the week of January 21-24, 2020 from 8 a.m. – 8:50 a.m.

In order to be eligible for tryouts you **MUST turn in and meet ALL of the following requirements before the first day of tryouts. Friday, January 17 is the absolute last day to turn in paperwork- NO EXCEPTIONS!**

- District Sport Athlete Paperwork Packet (EL2, EL3, ELCH, ECG, & Concussion form)
- 2.0 GPA (copy of your 1st semester report card)
- Behavior/ Conduct Requirements (see attached sheet)
- Mandatory Morning Practices (if your child makes the team they will need to be able to attend morning practices 3 out of the 4 days)

Tryout Information:

The coaching staff will conduct time trials during the first week of tryouts. Tryouts will be on the track and start promptly at 8am. The schedule of events is the following:

Tuesday, January 21- 100 meter dash & 200 meter dash

Wednesday, January 22- NO TRYOUTS due to Faculty Meeting

Thursday, January 23- 400 meter dash & Long Jump

Friday, January 24- 800 meter run & make-ups/re-trials (Team posted by end of day)

*Shot put event will be going on throughout the week. See Coach Helton for details.

All eligible students who would like to compete for a position on the KMS Track & Field team, meaning those who would like to participate in running & jumping events, will need to participate in a minimum of three out of the four time trial distances. The choices are the following: 100, 200, 400, 800. Only those trying out for the 100 &/or 200 will be eligible to tryout for the Long Jump.

Note: you are welcome to re-time an event at each distance during the make-up day. We'll keep the better time.

Earning a place on the team will be competitive. We only have a maximum of 72 positions (about 18 per grade & per gender) available on the KMS Track & Field team, and these 72 positions also include the athletes who will be participating in exclusively throwing events. Keep in mind that some runners compete in multiple events at each meet. Athletes are allowed to compete in a max of 3 running events and 2 field events.

Expectations:

Use the above tryout schedule and plan your week accordingly. Competing in one time trial is not enough! Showing up for only one day is not enough! You will be required to:

1. Show up EVERY DAY for tryouts.

If you are not trying out for an event on a given day, then you will be required to see a coach to help out. There are lots of responsibilities and hanging out and socializing is not one of them. If there is a behavior issue/ attitude towards any coach, you will be asked to leave tryouts. If you are asked to leave, you will also be ineligible to return or be a part of the Track & Field team.

2. Students must be ON-TIME!

3. **Students must be dressed in proper track attire, checked-in and ready to start tryouts by 8 a.m.**
4. **We will make cuts based on time trials, attitude, attendance and effort during tryouts.**

Track is about running. Expect to run every day (unless only throwing shot put). It would be wise for you to prepare for tryouts by starting a running regimen now. We will post a generic workout on our website you can use as a guide.

KMS Track & Field Team Practice and Meet Requirements: (if your child makes the team)

Our Track season will begin on *Monday, January 27, 2020*. We would like to convey to the parents and students some of the responsibilities and requirements that are expected of the members of our Track Team.

There is MANDATORY morning practices Monday thru Thursday from 8 a.m - 8:50 a.m. If you cannot attend morning practices, then please do not tryout and potentially take someone else's spot.

Attendance Policy:

- 3 unexcused/ no notice absences = Removal from team
- 3 tardies = 1 unexcused absences
- Must attend practice 3 out of the 4 days per week.

1. Students involved must be dressed, checked-in & ready to start practice at the appropriate practice times.

2. **Responsibility!** We all have responsibilities. As a track member, your child's responsibility is to be at Track Practices and Track Meets.

3. **TRACK MEETS:** All Track meets are TBA.

4. **Expectations!** If your child cannot be at a Track Meet for any reason, we **MUST** have a minimum of 24-hour advance notice due to meet requirements. Please contact one of the Coaches via note, email, or phone call so arrangements can be made accordingly.

5. **Track members** are required to check-in the morning of every track meet to verify they will be participating in the Track Meet that day. Check-in will take place in the gym starting at 9am and/or as soon as a student arrives to school. We are required to send in our Track Event List with who is competing by mid-morning of the Track Meet, so if a student does not check-in with the Coach we will not be able to place them in a Track event which will eliminate them from competing that day.

6. **Track members competing** in the Track Meet will be required to ride the bus to the meet with the team. However, students may go home with a parent from the meet if the parent checks out their child with the Coach. This is important as we are responsible for each child's safety! Parents picking up their child from the school after the meet must be at the school waiting. Students picked up more than 10 minutes late will be given a warning on the first occurrence, and the second time the student will be removed from the team.

7. **During our Track Meets** there are a lot of things going on at once. Track members need to make sure they are focused and not hanging out socializing. We have had to scratch several events in the past due to students not being at their event on time. Members of the Track Team should stay until the meet is finished (and not leave before the last race concludes).

8. **Discipline!** This is something that everyone must be involved in. It takes a lot of Discipline to be the best that you can be and to give it your all. Without discipline and respect for others and ourselves, we could not accomplish anything of value. The following rules are in place to reassure our Track Team is successful on and off the field:

- A. **Be Respectful to Coaches** at all times! This includes not talking back or talking while Coaches are talking.
- B. **Follow directions** the first time they are given.
- C. **Students who receive a referral** will be required to sit out the following meet. If a student has to sit out for more than 2 meets due to school discipline issues, s/he will be removed from the team.
- D. **Maintains and follows all the eligibility requirements (conduct/behavior/grades).** The principal has final say on any decision making regarding these policies.

***Any** severe discipline behavior can and will result in the student being sent home, possible removal from the next practice and/or meet, or possible removal from the Team!

Please keep in mind that your involvement with the Track Fundraisers are mandatory in order to raise the funds needed to cover the Track costs. Thank you so much for all that you do to support Kennedy Middle School's Track Team. We look forward to a fun and successful season!

Coaches Contact Information

Kennedy Middle School phone number: 321-633-3500

(Athletic Director) Mr. Reed reed.derrick@brevardschools.org

Coach Baker baker.scott@brevardschools.org

Coach Forrest forrest.amber@brevardschools.org

Coach Helton helton.brian@brevardschools.org

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Sherry Tomlinson, Principal

Derrick L. Reed, Athletic Director