North Albany Middle School Track and Field Program



# Track practice begins on March 11th through May 3rd

To keep the program running smoothly, students, parents, and coaches need to agree in advance on some guidelines. The following rules and regulations will apply to the intramural track program:

## **Rules and Regulations**

1. It is a State requirement that athletes have a physical every two years. **7**<sup>th</sup> **and 8**<sup>th</sup> **grade participants must have a physical to participate** (a physical is not required for 6<sup>th</sup> grade participants.)

## 2. Practice schedule –

\*Monday, Tuesday, Thursday, *Friday* on early release Wednesdays from 2:50-4:00 PM. \*Monday, Tuesday, *Wednesday*, Thursday on full day Wednesdays from 2:50-4:00 PM.

#### (please see attached calendars for reference)

First practice will begin on Tuesday March 11th. Please be prompt when picking up your child, as coaches have to wait until every student is picked up.

3. Track meets will be held at Timber Ridge Middle School and are scheduled for:

Date	Time		Location	
Tuesday April 8th 2025	4:00pm	Timber Ridge Middle School vs. <b>North Albany Middle School</b>	Timber Ridge Middle School	
Thursday April 10th 2024	4:00pm	Memorial Middle School vs. Calapooia Middle School	Timber Ridge Middle School	
Tuesday April 15th 2024	4:00pm	Memorial Middle School vs. Timber Ridge Middle School	Timber Ridge Middle School	
Thursday April 17th 2024	4:00pm	<b>North Albany Middle Schoo</b> l vs. Calapooia Middle School	Timber Ridge Middle School	
Tuesday April 232h 2025	3:00pm	Timber Ridge vs. Calapooia Middle School	Timber Ridge Middle School	
Thursday April 24th 2025	4:00pm	Memorial Middle School vs. North Albany Middle School	Timber Ridge Middle School	
Saturday May 3rd 2025	9:30am	All School District Track Meet	High School TBD	

4. A note from parent/guardian will be required to excuse an absence from practice or a meet.

5. Team members will, at all times, follow the guidelines outlined in the <u>NAMS Student</u> <u>Handbook</u> in our planner. Any violation will result in disciplinary action by the school and/or removal from the track program. Students must also be present for any run-offs (when applicable) before a meet or that student may lose his/her position in the event.

6. There is NO FEE for track and field and registration includes a t-shirt.

## PLEASE KEEP THIS PAGE FOR YOUR RECORDS AND INFORMATION

١ North Albany Middle School Track and Field Program 2025

(printed student name), have read Ι.

and agree to the Rules and Regulations \_\_\_\_\_(Student Signature) Grade 6 7 8

(circle)

The school district is concerned with the health and safety of every student. Parents and participants need to be aware that every sporting activity poses the possibility of injury. If a situation should occur where a student requires professional medical observation or treatment, it is the intent of the school district to provide swift and appropriate action. That ordinarily means using the most readily available medical staff and facility. In less urgent situations, a school district staff person may advise a student or parent to seek medical assistance. In either case, since many family health or medical insurance programs limit their approval of doctors or facilities, parents need to be aware of those limitations and assume their responsibility for any medical costs not covered by insurance. Participants and parents (legal guardians) need to know that the district does not provide insurance but may offer helpful information on how to obtain reasonable supplemental coverage for a reasonable cost. Your 7<sup>th</sup> or 8<sup>th</sup> grader must have a physical exam every two years. 6th graders do not need a physical.

Parent/Guardian Name Printed		Date		
Parent/Guardian Signature	-			
Parent Contact Information				
Cell:	Work:			
E-mail:				
The name of my insurance company is				
*Please circle the t-shirt size you would like: Y (Dri-fit runs large, so order a size down)	S YM YL	AS AM	AL	AXL

**Thank you**, Mrs. Spires, Mr. Maness, & Mr. Asay -Coaches

Please return this sheet to the office or to one of your coaches