

East Hamilton HURRICANES Middle School Track 2018

Head Coach: David Kelman

Assistant Coaches: Joey Bird, Alex Ford & Janis Kelman

(Practice begins **MARCH 12th**)

Contact:

Coach Kelman: kelman_d@hcde.org 512.289.4036 (cell)

FEE: \$30

Your athlete must have a TSSAA physical, concussion form, and cardiac form on PRIVIT in order to practice!

(available at ehmhs.hcde.org -> [School Sports](#) -> [EHS Sports Forms and Privit Information](#))

Practice Times (BEGINS MARCH 12th) M-Th@MS Practice field **2:30 -3:45pm**

Athlete pickup after practice at 3:45pm by the track behind the school. **PLEASE BE ON TIME!** 😊

We are a TEAM and a FAMILY: Athlete expectations and duties

- **Duties – You have duties to your teammates and coaches**
 - Practice is a commitment. You **must** talk to a coach ahead of time if you are going to miss a practice.
 - If you don't practice, you will not compete.
 - Be at practice on time. Being late will jeopardize your spot on team.
- **Expectations – You are at practice to improve and at meets to compete.**
 - You are part of the **East Ham Fam**:
 - **Support** each other.
 - **Look out** for each other.
 - **Guide** each other to be your best.
 - Focus on the workout and your goals; no chatter.
 - During the workout, no complaints. Never say "I'm tired" or "I can't." Set your mind on doing your best. Do notify your coaches if you believe you are injured.
 - In all workouts and meets: Run through the finish. Use each flight as a chance to break a PR.
 - No horseplay during meets. Focus on warm-up, cool-down, or cheering the other athletes. Exercise good sportsmanship at all times to all competitors, fans, and officials. Know your events and your relay assignments.

Consistent failure to meet these duties and expectations will result in dismissal from the team.

Student name: _____ Parent name: _____

I understand the expectations and duties of my student being a member of the middle school track team.

Sign here: _____

Your email: _____ I would like to volunteer at home meet concessions: _____

Your phone #: _____

2018 Hurricanes Track Schedule

(tentative)

3/27	Normal Park/Signal Mtn/CSAS	HOME(Relays only)@5pm (normal practice@2:30pm)
4/12	CSLA/CSAS	HOME@5pm
4/17	Ooltewah/Orchard Knob	Ooltewah HS@4:30pm
4/24	Brown/Dalewood	HOME@3:30pm
5/3	Hunter/East Ridge	HOME@4pm
5/7, 5/9	County Championships	Red Bank HS@TBA