

East Hamilton HURRICANES Middle School Track 2017

Head Coach: David Kelman

Assistant Coaches: Alex Ford & Janis Kelman

(Practice begins **MARCH 13th**)

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 13th) M-Th@MS Practice field **2:30 -3:45pm**

Athlete pickup after practice at 3:45pm by the gym entrance 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 meets: _____

Your phone #: _____