

East Hamilton HURRICANES Middle School Track 2024

Coaches: David Kelman, Tionna Gresham-Bozeman, Ryan Cooper

(Practice begins **FEBRUARY 12th**)

Contact: Coach Kelman: kelman_d@hcde.org 512.289.4036 (cell)
Coach Gresham: bozeman-gresham_t@hcde.org
Coach Cooper: cooper_ryan@hcde.org

REMIND SIGNUP INFO Go to remind.com and use class code **@9a9843**

We use Remind to send updates on practice or meet postponement as well as other important info.

TEAM FEE: \$35

UNIFORM ORDER INFO <https://sportsspectrum.itemorder.com/> code TBA

Your athlete must have a TSSAA physical/consent, concussion form, and cardiac form to practice!

Practice BEGINS FEBRUARY 12th

First week: Mon through Fri at the middle school.

Later weeks: Mon/Wed/Fri at the HS track,

Tues/Thurs at meets or at the middle school.

Locations vary by week due to meet schedule and weather and will be confirmed on Remind.

When we practice at the middle school, we will try to be done by 3:45pm.

At the high school, we will try to be done by 4pm

PLEASE PICK UP YOUR ATHLETES ON TIME!

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

- **Duties - You have duties to your teammates and coaches**
 - o Practice is a commitment. You **must** talk to a **coach** ahead of time if you must miss practice.
 - o If you don't practice, you will not compete.
 - o 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.**
 - o You are part of the **East Ham Fam**:
 - **Support** each other.
 - **Look out** for each other.
 - **Guide** each other to be your best.
 - o Focus on the workout and your goals; no chatter.
 - o 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.
 - o In all workouts and meets: Run through the finish. Use each flight as a chance to break a PR.
 - o Be respectful of your peers. *Harassment or hazing of any kind will not be tolerated.* Violation may result in immediate dismissal from the team.
 - o 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 & 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: _____

Your phone #: _____