East Hamilton HURRICANES Middle School Track 2019

Head Coach: David Kelman
(Practice begins MARCH 9th)

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

FEE: $30
Your athlete must have a TSSAA physical/consent, concussion form, and cardiac form in order to practice!
(available at http://tssaa.org/schools/forms/ under the “physical forms” section)

Practice Times (BEGINS MARCH 9th)  M-Th@MS Practice field  2:30 - 3:45pm (& some Fridays)
Athlete pickup after practice at 3:45pm by the track behind the school.

PLEASE PICK UP YOUR ATHLETES ON TIME! Consistent failure to pick up your athletes by 4pm is an imposition on coaches’ other duties which may make your athlete ineligible.

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 must miss 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.
  - Be respectful of your peers. Harassment or hazing of any kind will not be tolerated. Violation may result in immediate dismissal from the team.
  - 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 #: ___________________________
UNIFORM ORDER INFO TO BE ANNOUNCED VIA REMIND

REMIND SIGNUP INFO
Go to remind.com and use class code @fa2bag
We use Remind to send updates on practice or meet postponement as well as other important info.
# 2020 Hurricanes Track Schedule
*(TENTATIVE – Dates/locations/times may change due to weather)*

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/31</td>
<td>East Ridge/Orchard Knob</td>
<td>HOME @ 4pm</td>
<td></td>
</tr>
<tr>
<td>4/14</td>
<td>Hunter/Brown</td>
<td>HOME @ 4pm</td>
<td></td>
</tr>
<tr>
<td>4/23</td>
<td>CSAS/Dalewood</td>
<td>Howard @ 5pm</td>
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<tr>
<td>4/30</td>
<td>CSLA/Ooltewah</td>
<td>Ooltewah HS @ 5pm</td>
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<tr>
<td>5/4</td>
<td>County Prelims</td>
<td>Ooltewah HS @ 5pm</td>
<td></td>
</tr>
<tr>
<td>5/7</td>
<td>County Championships</td>
<td>Soddy Daisy HS @ 5pm</td>
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</tbody>
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