

Riverside Middle School

Track and Field



Parent Meeting

2019

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COACHES

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TEAM RULES AND EXPECTATIONS

General

- All athletes shall abide by the rules and policies stated in the Riverside Campus and LaMuth Middle School Student Handbooks.
- All athletes must meet OHSAA requirements regarding academic eligibility. All academic requirements must be met in order to participate in school sports.

Attendance

- Athletes are expected to attend all practices and meets.
- A parent/guardian shall notify one of the coaches when they know their child will miss a practice or meet.
- If an athlete has two or more unexcused absences during a week, they will not be permitted to participate in the following meet.
- If an athlete has an unexcused absence the day before a meet they will not be permitted to participate in that meet.
- The following are examples of excusable absences.
 - Illness/medical issue
 - Family emergency
 - Educational related event** Other reasons will be evaluated on a case by case basis
- If an athlete is unable to participate in a meet due to unexcused absences, they will still be expected to attend the meet and support their teammates.

- Excessive unexcused absence may result in dismissal from the team.
- If an athlete gets injured during the season and requires a doctor or hospital visit, they must get a signed release from the doctor before being permitted to resume practice.

Practices

- Practices will start promptly at 5:00pm at the high school track.
- If the temperature outside is below 60 degrees, athletes will need to wear following items to practice;
 - Sweat shirt or equivalent
 - Sweat pants or equivalent
- If an athlete fails to bring the appropriate clothing for the weather, they will not be permitted to participate in practice.
- Athletes should wear running style shoes for practice.
- Athletes should bring water with them to every practice.
- Practice will end at 6:30pm. All athletes should be picked up within 15 minutes from the end of practice.
 - Please arrange for carpooling if you will have difficulty picking up your child by 6:45pm.

Uniforms and Apparel

- Each athlete will be issued a top (singlet). We have shorts but we give athletes the option to wear their own shorts for fit and comfort reasons.
 - Shorts must be solid black. They can be either running style shorts or compression/spandex.
- Athletes will be responsible for returning their uniform at the end of the season. Parents will be held financially responsible for any damaged or missing items.
- Athletes can wear compression shorts or leggings underneath their shorts as well as a shirt under their singlet during meets. Solid colors only, no designs.
- Racing spikes are not necessary but they can be helpful, especially for the more experienced runners.
- **Spirit Wear**- we will be taking orders during the first two weeks of practice for team hoodies and dri fit long sleeve shirts. The order form with payment must be submitted to the coaching staff by March 15th.
 - The order form is attached to this packet.

GENERAL INFORMATION

Meets

- On meet days, athletes should bring a nutritional snack with them to school. They will need some nutrition before and after the meets.
- Meets should start at 4:30pm.
- Meets usually end around 7:00- 7:15pm.
- Every athlete will participate in at least one event in each regular dual meet.
 - Depending on the number of athletes on the team and the meet itself, athletes may be able to participate in an additional event.
- Athletes are expected to stay for the entire meet and support the team.
 - If an athlete has to leave early during a meet for a legitimate reason (i.e., an emergency, a scheduled appointment), the parent/guardian must sign them out with a coach prior to leaving the meet.
 - Athletes can only leave a meet with a parent/guardian.
- There are a couple invitational meets and a conference championship meet that limit the number of athletes per event due to the number of teams in the meet. Not all athletes will be able to participate in these meets. We will only be allowed to enter two athletes per event and one relay team per relay race for these meets.

- We will be looking for parent volunteers to help run our three home meets (field events and finish line recording). More information will be provided in the next couple weeks. Let one of the coaches know if you are interested in helping.

Busing for Meets

- All athletes will ride the bus to and from the meets.
- For away meets-
 - 8th graders will remain on the Riverside campus after school and meet in the field house.
 - 7th graders will be bused from LaMuth after school to the Riverside campus where they will gather with the 8th grader in the field house and change into their uniforms.
 - The buses will depart from and return to the Riverside campus.
- For home meets-
 - 8th graders will remain on the Riverside campus after school and meet in the field house.
 - 7th graders will be bused from LaMuth after school to the Riverside campus where they will gather with the 8th graders in the field house. They will change into their uniforms at the field house.

Pay to Participate

- Cost to participate is \$150.
- Payment can be made online through the Riverside Infinite Campus Parent Portal or a check can be hand delivered to the main office at the high school (make checks payable to “Riverside Athletics”). Payment is usually required within the first couple week after the season begins.

Riverside Track Website

- The practice schedule and meet schedule, as well all the required forms can be found on our team website, www.flyingrteams.com.

Track Team “Band” Account

- Coaches will be using the “**Band**” app for most of the team communication.
 - The app will allow us to pass along information to every parent quickly and easily.
- We ask that every parent download the app and join the team group.
- To join, follow these instructions.
 - Download the **Band** app to your smartphone
 - Open the app and enter **Riverside Middle School Track** in the search box at the top of the page
 - Tap on the team account when it appears
 - Tap **join** when prompted
- We will continue to use email for lengthier messages and attachments.

Fundraising

- Flying R Booster Club is the Riverside High School and Riverside Middle School Track and Cross Country booster club.
- The booster club helps pay for equipment, uniforms, and events. Below are a few of our fundraising opportunities.
 - Pasta dinner (April 11th, 5pm to 8pm at the high school. More info coming soon)
 - Concession stand for varsity and middle school meets (parent volunteers are needed)
 - Road course running races (volunteers needed to pass out water to runners or help set up)

Order Form

Riverside Middle School Track and Field Spirit Wear

Girls: Hoodie and long-sleeve dri fit shirt options will be yellow with black design. (could do black if you don't like yellow)

Boys: Hoodie and long-sleeve dri fit shirt options will be black with gold design.

** Design: "Riverside Track and Field" with a winged foot.

Checks are to be made out to "Flying R Booster Club"

Hoodie		Long-sleeve Dri-Fit Shirt		Black or Gold	
Size	Quantity	Size	Quantity	Color	Cost
YS		YS			
YM		YM			
YL		YL			
S		S			
M		M			
L		L			
XL		XL			
XXL		XXL			
				Total Cost =	

**** Order forms and payment must be submitted to the coaching staff by March 15th**

Athlete's Name: _____

Amount Enclosed: _____