

Centennial Middle School Track Team Information 2013

7th & 8th Boys and Girls

In order to be a member of the Cyclone Track team, the following must be completed:

1. A Doctor's Physical must be completed on the FHSAA state form. The sports physical must be dated and is valid for one calendar year.
2. Complete the Parent Permission Forms on the FHSAA form & notarize it.
3. Fees- If this is the first sport you have participated in this year the fee is \$45.00. If this is the second sport you have participated in this year the fee is \$30.00. If this is the 3rd or 4th sport you have participated in this year there is no fee.
4. 1st semester grades will be used to determine eligibility. Parents must sign and return page 2 of the Permission form.

Practice & Meet Schedules - Practice will begin on Mar 6th. **March 6th through March 18th practice will go until 5:00pm. The rest of the season practice will be over by 4:30 and students must be picked up promptly. Please make sure to pickup your athlete by the above times mentioned.** Check the school website for all practice and meet dates. <http://cenms.pasco.k12.fl.us>

Equipment- Athletes should have a pair of running shoes that provide good traction and support. Some athletes may purchase spiked shoes. This depends on the events they will be competing. Uniforms and will be provided for the track meets.

Grades and Behavior -Student athletes are required to maintain their grades to the highest standards. Grades will be checked on eSembler. All team members are reminded that they represent their families, school, and coaches. Unacceptable behavior, laziness, and missed practices will not be tolerated. Consequences may result in removal from the team.

Events- The coaches will determine which events the athletes will be competing. It will be based on ability, times/distances, and effort at practice. The events are as follows- 110 meter Hurdles, 100 meters, 200M, 400M, 800M, Mile, 4 X 100 Relay, 4 X400 Relay (Boys), 800 Medley Relay (Girls). Field Events are Shot Put (4K.), Discus, Long Jump, and High Jump.

Parents-Please read and sign the following page. We are looking forward to having another successful track season at Centennial Middle School.

Coaches: Girls- Mr. Sesker
Boys- Mr. Gramm
Assistant Coach- Mrs. Sesker



CYCLONE TRACK 2013

Parents/ guardians, the coaching staff at Centennial would like you to take the time to read over the two information sheets. These information sheets explain what is expected of your son/daughter to participate on the Cyclone track team. Academics and behavior is strongly emphasized. Track is a sport where everyone can compete. There are no "bench warmers." Everyone will make the team as long as he/she follow the guidelines and complete the practices. There is an event for everyone to compete in. Problems that arise during the season will be discussed with the parent/guardian. If after addressing the problem any further incidents occur, the athlete will be removed from the team.

Transportation arrangements must be made to accommodate a 3:00pm to 4:30pm practice schedule. **March 6th through March 18th practice will go until 5:00pm. The rest of the season practice will be over by 4:30 and students must be picked up promptly. Please make sure to pickup your athlete by the above times mentioned.** Some parents arrange a car-pooling schedule with other team members. Please contact the coaches if you have a concern. **There will be a bus to meets on 4/9 and 5/7. Meets begin at 5:30pm.**

Please plan to attend a Mandatory parent meeting on Thursday, March 14th, after practice from 5:00-5:15pm in the gym.

Please read and sign this letter and have your son/daughter return this to their coach. This letter must be signed and returned before your child can participate. Your cooperation is greatly appreciated.

Parent Signature_____ Date_____

Student Signature_____ Date_____