

## Centennial Middle School Track Team Information 2017 7<sup>th</sup> & 8<sup>th</sup> Boys and Girls

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

1. A current doctor's physical, completed on the FHSAA paperwork. A physical for 7<sup>th</sup> grade completed on the health department paper will not be accepted. The medical history form must also be completed. The information sheet must be notarized (page 1). Please make sure all signatures and dates are obtained.
2. Have a *minimum* 2.0 GPA for the first semester.
3. Good classroom behavior and discipline record.

The FHSAA paperwork is available at the front and back desk. It can also be found online at: <http://cenms.pasco.k12.fl.us/CENMS/HOME.html>

**Participation 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 3<sup>rd</sup> or 4<sup>th</sup> sport you have participated in this year, there is no fee.

**Practice Schedule** - Practices will begin on Monday, March 6, 2017. Practices will begin immediately after school and will end at 4:45. Transportation must be provided by 4:45!

**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 in. Uniforms will be provided for the track meets.

**Grades and Behavior** - Student athletes are required to maintain their grades to the highest standards. Weekly grade sheets will be used by the coaches to monitor academic progress. All team members are reminded that they represent their families, coaches, community, and school. 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 in. These decisions will be based on ability, times/distances, and effort at practice. The events are as follows: 110M Hurdles, 100M, 200M, 400M, 800M, Mile, 4 X 100M Relay, 4 X 400M Relay (Boys), 800M Medley Relay (Girls), Shot Put (4K), Discus, Long Jump, and High Jump.



