

**2019**

***Lake Belton Middle School***



***Track & Field***

Dear Parents,

As we enter the last season of the year we are eager to see how our athletes have grown and are excited to see them compete in track and field.

We just wanted to give you some heads up about track season, and how practices and meets will work.

The first day of tryouts will be **Monday, Feb. 11**, after school here at Lake Belton Middle School. **(ALL STUDENTS MUST HAVE A PHYSICAL ON FILE WITH THE COACHES BEFORE TRYING OUT)** This is when we will be looking at students who are interested in the many different field events. Most of the running events will be timed and “tried out for” during the athletics period. For any students who want to compete but are not in the athletic period, we will allow them to come and get timed for those events to see where they fall amongst their other peers. Following the field event tryouts we will send out a list of students that we plan to keep for those events, that way they know to return for practices.

Unfortunately here at Lake Belton Middle School we do not have a track that offers all of the regular commodities needed to efficiently practice those events daily. Students who are doing any type of throwing event will remain at LBMS for practice, other students will be bused to North Belton Middle School directly after school. Students will need to be picked up at NBMS from track practice. We will be sure to send out reminds about pickups, as well as if there are any changes in practices for the day/week.

We will send out reminds with the order of field events, addresses, and updates about the track meets as we are updated. We will also send out a list of who we are taking for each event on the remind message so you know which events your child will be competing in at the meets. So please make sure you are signed up for the remind group. If you have any questions please reach out to us coaches through the remind app, or also through our email and we will be happy to answer!

Thank you and here is to what we hope to be a very successful track season!

GO LAKE!

Coach Sarah Neal-sarah.neal@bisd.net

Coach Hosea Smith-hosea.smith@bisd.net

## **LBMS TRACK & FIELD RULES AND GUIDELINES:**

### **Goal Statement:**

All athletes are welcome to participate in track. We will never cut athletes in order to maintain a certain number. It is our goal that athletes on the track team are students first and foremost. It has been the reputation of the track team to have members who take pride in their class work as well as on the track.

In addition, we as coaches, aim to produce a team that is respectful and well respected within our district. By being a part of this team, we hope each individual will grow as a result of his experience with the track team. We do expect our athletes to take pride in our sport and to show dedication to our sport through their ability to follow directions, their attendance, and their attitude.

### **Participation**

We have formed the schedule so that each athlete will compete in at least 1 meet each week (weather permitting). We feel this will allow each athlete ample time to prepare for competition and to see progress throughout the season.

### **Practice and Meets:**

We will practice each day right after school. We will meet in the GYM before practice each day promptly at 4:00pm.

All athletes are expected to compete in all meets unless injured. All athletes must ride the bus to and from the meet site. Under special circumstances, parent's wishing to leave with their son must make personal contact with one of the coaches and have a written note explaining the circumstances.

### **Equipment:**

You will need a good pair of training shoes and preferably some racing shoes as well. A digital watch is also recommended. Be prepared to dress for the outdoors. Uniforms are provided for meets.

### **Injuries:**

There is a risk of injury and both parents and athletes must understand this from the onset. We do have an athletic trainer on staff to diagnose injuries. The most common injuries suffered in track are "overuse injuries" such as shin splints, tendonitis, and in severe cases, stress fractures, blisters are also common. The best way to prevent most of these injuries is by establishing a good preseason training program. Most of these injuries can be treated through icing and/or alternative training schedule. If you choose to see a doctor rather than our trainer or in addition to our trainer you must provide a written statement from the doctor detailing instructions for recovery. This must be given to our trainer.

## **Policies and Expectations:**

**Respect:** Show respect to coaches, trainers, and other athletes

Attendance at practice and meets is mandatory

Please make appointments (doctor, dental, etc.) around practice times as well.

Our expectation is that athletes communicate with us as to their absences. Be responsible. If you will be absent from practice or an emergency arises, please contact us. Phone calls, emails, or notes work nicely.

If you need to make up school work, schedule it around practice times.

If you are absent the day of a meet, you may not compete. The same is true with practice.

Use proper behavior: no profanity, harassment, inappropriate gestures or remarks, no inappropriate slogans on clothing.

**Training rule consequences:** If you behave in an inappropriate manner, you may be dismissed from the team. A LBMS violation constitutes a two meet or two week suspension, besides the LBMS consequences, to continue on the team, a written and verbal apology to coaches and the team will also be required.

## **Relay Team Selection**

Relay teams for the Track & Field Meets will be selected by LBMS coaching staff. Times run during the season are only one of several factors to be considered. Once selected, the four team members and two alternates for the 4x100, 4x200, 4x400, and 4x800 are interchangeable parts. Final selection is not open for discussion.

**\*\*Remember:** You are a representative of Lake Belton Middle School and the LBMS Track & Field program. We expect you to represent us in a positive manner.

**2019**  
**LAKE BELTON MIDDLE SCHOOL**  
**TRACK & FIELD SCHEDULE**



- February 21<sup>st</sup> Little Red Relays/ Belton
- February 25<sup>th</sup> @ Gatesville
- March 7<sup>th</sup> @ Lamar M.S./Temple
- March 21<sup>st</sup> @ La Vega M.S. / Waco
- March 28<sup>th</sup> @ Travis M.S. / Temple
- April 1<sup>st</sup> and 4<sup>th</sup> District Meet @ Waco Midway

Coach Neal  
Coach Boardman  
Coach Payne  
Coach Roberts  
Coach Smith  
Coach Dominguez  
Coach Neece  
Coach Land