

DeWitt Jr. High Boys and Girls Track & Field 2017

Dan Wizner DeWitt Junior High School: 517-668-3285
wiznerdan@dewittschools.net

Lauren Dwyer Schavey Road Elementary: 517-668-3503
dwyerlau@dewittschools.net

Jen O'Brien DeWitt Junior High School: 517-668-3287
obrien@dewittschools.net

Kirk Moundros DeWitt Junior High School: 517-668-3251
moundrosk@dewittschools.net

Welcome to Dewitt Jr. High boys and girls track & field team. The coaches feel honored to work with your son or daughter and look forward in creating a healthy, fun and safe learning environment. We want the athletes to learn to work hard and enjoy the **INDIVIDUAL** as well as the **TEAM** aspect of this sport. Please feel free to get to know us as we get to know your athlete and assist them in reaching their personal goals.

Track & Field Rules and Guidelines

* **Grades & Citizenship/Eligibility:** We expect athletes to be good students and conduct themselves in appropriate ways through the entire school day and during athletic events.

* **Attendance:** It is very important that athletes be at all practices and meets.

If your son or daughter is going to be leaving early, late or absent:

Please contact Coach Dan Wizner at wiznerdan@dewittschools.net

Absences without contacting coaches will be considered unexcused and may result in no competition for the next meet. Please contact coaches by telephone or email prior to the absence.

* **Sports Physicals, Fees & Emergency Information Cards**

Physicals: Updated and on file **Sport Fee:** Paid **Emergency Information:** Completed and turned in
Athletes will not be able to compete in meets until all are completed.

* **Practices & Meets:** We will use the South entrance of the DJHS for pick-up & drop-off of athletes.

* **Transportation Release Form:** This form can be picked-up in the office and must be used in order to transport your child to and from a meet. These must be turned in prior to departure for the meet.

* **Uniforms & Practice Clothing:** Each athlete will be assigned a uniform.

Uniforms are to be worn at every meet. Athletes are responsible to turn uniforms in at the end of the season.

Practice clothing must follow school guidelines and will be closely monitored.

Consistent violations will be discussed with the parent and the DJHS Athletic Director.

* **Track Injuries:** Track and field athletes most usually are hindered by some level of soreness or small yet nagging injuries. Please have your athlete report any injury they may have to coaches as soon as possible. Check out Playmakers.com for information about Good Form Running (GFR).

* **Locker Room Use:** We want to make sure our track athletes are supervised at all times.

Athletes/ students are to gather all books, bags etc. and take them to their gym locker.

Students will **not** be allowed to return to their school lockers after practice.

It is also expected that all athletes lock their belongings being stored in the lockerroom.

* **Notes to Parents:**

* *Most meets will end between 7:00 pm and 7:30 pm*

* *Please try to pick your son or daughter up immediately after our track meets.*

