

Dear Track Athletes and Parents,



The Hill Track coaches are excited to have you on our team this year. Before any athlete can participate in practices, a current sports physical, (less than 1 year

old), must be on file in the nurse's office, along with all required paperwork. As a coaching staff, we have the following expectations of all our athletes:

- Athletes should always show proper respect and sportsmanship.
- Arrive to practice on time. (3:10) Late arrival will result in an unexcused absence.
- Unexcused absences – Any absence must be previously excused by speaking with your attendance coach and providing a parent note. (Detentions are unexcused)

**3-results in suspension of a meet 4-asked to leave the team.**

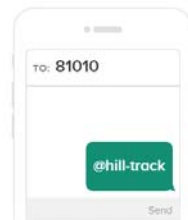
- Rides from practice should be here at 4:45 and MUST be here no later than 5:00!  
Repeated failure to be picked up on time will result in termination from the team.
- It is the responsibility of the athlete to make sure their times or distances are recorded by managers at each meet.
- Uniforms- Each athlete is required to purchase a team shirt for their track meet uniform top. Athletes will also be issued a team sweat suit. The athlete **MUST** return their assigned numbered sweats, or they will be fined. **Optionally, athletes can purchase a new sweat suit to use during the season and keep. See the uniform ordering form for details.**

- Practice ends at 4:45 each day.
- Please pick your student up before 5:00 to avoid dismissal from the team
- Track Meets start at approximately 4:30 and last around 2 ½ hours depending on how many schools are running and number of athletes.
- **Squad Coaches** should be notified of planned absences via email

### SIGN UP FOR INSTANT TEXT ALERTS

ALL parents and athletes are encouraged to sign up for the Hill Track Team Remind.com SMS text instant alert system. This one-way alert system will alert you to team announcements such as:

- Canceled Practices
- Meeting Ending Times
- Modified Practice Schedules
- Important Reminders



Directions to sign up: Using your text enabled cell phone, send a text to the following number:

**81010**

with the message: **@hill-track**  
...and follow the text prompts

### 2016 Season Squad Coaches

- 7<sup>th</sup> Grade Boys – Coach Berendt
  - 8<sup>th</sup> Grade Boys – Coach Ridgeway
  - 8<sup>th</sup> Grade Girls – Coach Cook
  - 7<sup>th</sup> Grade Girls – Coach Ivkovich
- Please contact these coaches if your student is going to be absent from practice.

Practice is held on all student attendance days,  
**Monday - Thursday** from 3:10 – 4:45 PM  
VISIT THE TEAM WEBSITE AT

**hilltrack.weebly.com**

FOR UPDATES, CALENDARS, FORMS, AND  
CONTACT INFO