

POULSBO MIDDLE SCHOOL

Track and Field

TEAM GEAR

On-line Store:

[https://shirtworkswest.com/poulsbo middle school track](https://shirtworkswest.com/poulsbo%20middle%20school%20track)

***The on-line store will close on Wednesday, April 10th at midnight.

Poulsbo Middle School

Track and Field

2019

Season: April 8 – June 5

Practice: Monday – Friday (2:40 – 5:00)

Meet Schedule: (**indicate 6th grade meets/events)

**April 24: Kingston, Woodward and Chimacum @ Poulsbo Middle School

**May 1: Woodward, Blue Herron @ Kingston Middle School

**May 8: Blue Herron, Chimacum, Sequim @ Poulsbo Middle School

May 15: Chimacum, Kingston @ Woodward (3:45)

May 22: Forks, Woodward @ Blue Herron

May 29: Kingston, Chimacum @ Woodward (3:45)

June 5: League Championships @ Stevens Middle School

Events:

Track

200 m

75 m High Hurdles

4x400 Relay

4 x 200 Relay

100 m**

Field

1600 m**

Shot Put**

4 x 100 Relay

Discuss

400 m**

Javelin

200 m Low Hurdles

Long Jump**

60 m

High Jump

800 m

Behavior Expectations

Track and Field athletes are students first. It is expected that all track and field athletes be model students, listen to adults at school and at practice, work hard in class and on the track/field.

Example behaviors that will require a consequence:

- Late to practice without a note
- Athlete is at school but misses practice without prior notification.
- No effort put forth
- Athlete shows poor sportsmanship
- Athlete defaces team property, including uniforms
- Athlete puts themselves or others in a dangerous situation (automatic Admin involvement).

If an athlete does not meet the Track and Field Expectations the following consequences may be applied.

1st offense: Coach contacts parent and notifies AD and Admin

2nd offense: Coach calls parent and athlete will meet with Admin and AD

2rd offense: Meet with Admin and AD concerning possible release from team following investigation.

Keep the first two pages for your records and return the bottom of this page.

Coach Westby and Coach Nichols

I have read and understand the Poulsbo Middle Scholl Track and Field Rule sand Expectations. I agree to comply with these rules or forfeit my privilege to be in this program.

Athletes printed first and last name

Athletes Signature

Parent Signature

North Kitsap School District: Authorization for parent to transport own child from activity.

I/We request permission to transport my son/daughter ___(name)___ home on ___(date)___ from the following school activity Poulsbo Middle School Track Meet from ___(location of game)___.

May 1, 2019 (Wed) from Kingston Middle School

May 15, 2019 (Wed) from Woodward Middle School

May 22, 2019 (Wed) from Blue Heron Middle School

May 29, 2019 (Wed) from Woodward Middle School

June 5, 2019 (Wed) from Stevens MS

(Signature of parent/guardian)

(Date)