

Congratulations! You have decided to be a part of the Heritage Grove Track and Field Team! **Please read through this entire packet with your parents and return the trip consent form, insurance waiver, physical, and athletic fee on the following dates ONLY:**

6th grade (only) first meeting Thursday, March 15, 3:10-4 in the cafeteria.

7th and 8th grade (only) first meeting Friday, March 16, 3:10-4 in the cafeteria.

Practice begins:

For all 6th graders and any new 7th and 8th graders: Monday, March 19, 3:10-4 in the small gym. (Optional for all athletes that have been on the track team before.)

For everyone: Tuesday, Wednesday, and Thursday, March 20, 21, and 22, 3:10-4 in the small gym.

Parent meeting following practice at 4:30 on Thursday, March 22.

NO PRACTICE Friday, March 23.

Practice resumes for everyone Tuesday, April 3, 3:10-4:30. A practice schedule and team expectations will be handed out at the informational meetings on March 15 and March 16.

- Information Sheet** with your name, grade, and parent's e-mail address for communication from coaches; **Parent Volunteer Sheet** to help run an event at meets.
- Signed **Trip Consent Form** (Turn into coaches at first meeting.)
- Signed **Insurance Waiver** (Turn into coaches at first meeting.)
- Sports Physical** on File with Main Office (Please note, some physicals have expired. Please call the office if you are not sure if your physical is still good. A physical form is included.)
- Schedule**
- Uniform** ordered online. See attachment. **ORDERS AFTER THE DEADLINE WILL NOT BE ACCEPTED.**
- Cash or Check for **Athletic Fee** for \$50 Paid to HGMS (Turn into coaches at the first meeting. **Please write the student's school ID number on the memo line.**)

Thank you! We are so excited to have you on the team! Feel free to contact us with any questions.

Your coaches:

Justin Brand, 6th grade boys, JBRAND@psd202.org (and head coach)

Kyle Cepeda, 7th grade boys, KCepeda@psd202.org

Tom Hall, 8th grade boys, JHall1@psd202.org

Amy Hudson, 8th grade girls, AHudson@psd202.org

Marc Hudson, 7th grade girls, mahudson@psd202.org

Amy Mattes, 6th grade girls, Amattes@psd202.org

Serena Procknow, 6th grade girls, Sprockno@psd202.org



Student Information and Parent E-Mail Sheet

Student's Name _____

Boy or Girl _____

Student's Grade _____

Parent's E-Mail Address _____

(Please print clearly and please be mindful of capitals and lower case letters.)

***Parents, please give us an e-mail address that is most often checked. We will compile these into an e-mail group and use this to e-mail you (bcc of course) about canceled practices, canceled meets, upcoming meets, volunteering, etc.**

Please Volunteers!

Parents, we are also looking for volunteers to help us at the four meets that we get to host. Please volunteer if you are able. No experience is necessary; we can quickly teach you how to do each job at the event! Please fill this out if you are interested. If not please leave blank. The meets that we will host are as follows: **Thursday, April 5 @ North; Wednesday, April 11@ North; Wednesday, April 18 @ North; Monday, April 30 @ North.**

Name: _____

Phone Number: _____

E-mail address: _____

Date or Dates you would like to help: _____

What areas would you like to help?

Circle as many as apply:

Measuring Shot and Discus

Measuring Long and Triple Jump

Timing at Finish Line

