

Oak Harbor United

Track & Field

7th & 8th Grade Boys and Girls

Parent Meeting: There will be a parent meeting to explain track and field as a sport, discuss the meets, introduce the coaches to the parents, and offer ways for parents to be involved in the 2009 season. The parent meeting will be on Tuesday, April 14th- @ 4:45 PM. It will be held in the N. Whidbey Middle School Gym.

Coaches:

Coach Falcon (Hurdles/ Relays), Coach Laiblin (Sprints/ Relays), Coach Duhrkopf (Distance), Coach Esvelt (Throwing), Coach Glover (Jumps).

Events: Events are split into three categories: running, jumping, and throwing. Each category and every different event has different requirements and different skills that you will need to learn to do the best that you can do.

Running: Running events are the 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run, 400 meter relay, 800 meter relay, 1600 meter relay, 80 meter hurdles.

Jumping: Jumping events are the long jump and the high jump.

Throwing: Throwing events are: shotput, discus, & the javelin.

Practices: Practice is Monday through Friday, 2:45-4:30 everyday we do not have a track meet.

OHMS Only- We will meet in the OHMS locker rooms @ 2:35, and be on a bus @ 2:40. Practice will end @ 4:30, 4 on Fridays.

Injuries: Report injuries to your coaches- ASAP!

Any small injury needing rest will be determined by coaches.

If after second day- A doctors note is required.

Any major injury needs to be seen by a doctor as soon as possible. We want to make sure all injuries are reported & quickly treated.

Track Meets: Track meets are on Wednesday with 1-2 exceptions. Our first meet is April 22nd at NWMS. By that time you will be a lean, mean, track and field machine. You are only able to compete in four events, so you will need to pick the ones you are the most interested in!

Team Rules:

1. Have FUN! Participate, do YOUR best!
2. PR = Personal Record, we want you to seek to improve yourself everyday.
3. You need to practice. If you cannot be at practice you need to let a coach know. If you are absent, you need to call the school and leave a message for one of your coaches (OHMS- 279-5300/ NWMS- 279-5500). Three unexcused or five absences will result in a meeting with head coaches.
4. Gym shirt and shorts are required for practice. Sweatshirts and sweatpants are optional, but it will be cold many days of practice so plan ahead.
5. Running or athletic shoes are required. No boots, cleats, flip-flops allowed for practice.
6. Everyone rides the Track Bus to NWMS for practice. No walkers or riders allowed.
7. Listen to the coaches; they want you to do your best. Poor behavior or attitude at practice will result in consequences chosen by Coach Esvelt/Coach Falcon.