

## WHAT TO EXPECT THIS SEASON 2023

This may be the first organized sport that your daughter is participating in to represent a Parma City Schools team. Coach James ([jameski@parmacityschools.org](mailto:jameski@parmacityschools.org)) and Coach Blaha ([blahad@parmacityschools.org](mailto:blahad@parmacityschools.org)) would like to make sure everyone is on the same page for this season. The following contains items that we want to make sure parents and athletes are aware of from the beginning.

Track is an extracurricular activity. School will always come first.

- Practice times will be after school from 3:00 to 4:25 weekly.
- PLEASE have your rides here on time. The coaches must wait with athletes until they are picked up. Participation/playing time may be affected if the athlete continues to be picked up late.

### Upcoming Fees & Required Paperwork (Including a Valid PHYSICAL & Final Forms completed by athlete & parent)

- Participation Fee- NONE
- Uniform T-shirt and shorts (Mandatory --see separate order form)
- Hoodies/warm up outfits because we are OUTSIDE (SPIRIT Wear purchases are extra and optional)
- Athletic shoes (a good pair of running shoes)
- Under Armor running shorts/pants/shirts –please make sure they are BLACK in color (not a mandatory item)
- Hat, gloves, jackets and a “track bag” are HIGHLY RECOMMENDED – Track is an OUTDOORS activity.
- Water & healthy snack (snack on meet days)

\*\*\*\***Uniform payments are due by March 10<sup>th</sup> (checks made out to Sports Focus)** so we can have our uniforms printed in time for our first meet. **MANDATORY Uniform total \$25 (this includes a t-shirt & shorts).**

**Returning athletes** – can reuse the uniform from last year or they can replace items (Shirts \$12 & Shorts \$13)

- First Day of Practice will be February 23rd 3:00-4:25 -- Calendars will be issued monthly.
- Attendance!!!! Attendance!!!! Attendance!!!!
- If an athlete knows that they are going to miss a practice, they need a note **ahead of time in writing from a parent.** (If they go home, they need to return with a **note from their parent the next day.**)
- If the student is home sick, the parent is asked to have a message put in Coach James or Coach Blaha’s mailbox when they are calling in their daughter sick (esp. on game/meet days).
- If you are home sick on meet days – you need to email Coach James – so she can make the lineup changes.
- If you have committed to other activities/practices after track practice & need to leave early from practice or a meet – you must inform Coach James, the day before. Especially on meet days – lineups need to get adjusted.
- **It is particularly important that the girls be in school on meet days.** Please make sure that dentist appointments etc. are not going to interfere with the meets. The girls need to be in school for five periods in a nine-period day to be eligible to play in the contest that day.
- Missing practice may result in loss of participation in events especially the day before a meet. **After three unexcused absences, the athlete will be removed from the team.** Athletes will not be given any refunds if removed from the team.
- NO missing practice the day before a meet – this can result in loss of events.
- Appropriate attire/behavior **in school** and **at practice/meets** is expected at ALL times. There will be consequences for athletes who do not follow school and team rules. ANY school consequences may affect playing time. Possible removal from events/meets and the team if rules are not followed.
- Appropriate attire includes shirts and shorts that are at least fingertip in length. The girls will be allowed to wear sleeveless shirts that cover their shoulders (two inches wide, no spaghetti straps/tank tops).
- Individuals who do not have the appropriate attire for practice WILL NOT PRACTICE with the team. They will be sent home and it will be counted as an unexcused absence.
- **Girls are expected to have and wear sweatpants or warm up pants over their shorts when going out into cold weather. Remember Track is an outdoor sport. Dress accordingly.**
- SOCIAL MEDIA –girls represent GMS/VF and Parma City Schools. They are expected to use and act appropriately in and outside of school as well as on-line. **Netiquette and sportsmanship are required at all times during the season and school year.**
- Cell phones must be turned off and in **locked in lockers** for practices and meets. It is recommended that computers stay locked up at school during all outdoor events and meets. We will not be able to enter the building after events and meets to get items in lockers.
- **Keep locker room neat. Don’t leave valuable personal items laying around!! Keep things LOCKED UP!**
- 8<sup>th</sup> graders should ride sports bus to GMS. We practice at GMS. All home meets are at Byers Field –we get a bus to Byers Field – but all team members MUST GET a ride home from BYERS FIELD after the meet is over!! Away

meets – we will come back to GMS for pickup—main building parking lot. We will call on way home. Meets usually last approx. 2-3 hours but vary greatly.

- **At away games, we are not allowed to let other players leave with someone else’s parent.** With advance notice and or emergency situations, girls can only leave with their own parent and the parent will need to write a note to the coach, so we know that child has left. It is our mission as a team to leave away meets together. We arrive on the bus as a team, and we leave together on the bus home as a team.
- **No parents on the field – unless athlete is injured. Please find a place in the stands.**
- This is a school sport and there is a risk of injury.
- IF your daughter has a prescribed **inhaler or EpiPen**—please have them bring in an extra one in a sealed zip lock bag with their name on it. We will keep the copy in the medical bag and bring it to all practices and meets. In case of an emergency, we will know where the item is and can help the athlete as soon as possible. You will get this back at the end of the season.

One of our conference’s main goals is to have good sportsmanship at all games from the fans to the student athletes. We do not want anyone yelling or saying negative things to the referees, coaches, or players at anytime. I don’t expect any problems of this nature this year. We encourage ALL POSITIVE cheering.

Lastly, we want to make sure that all players and parents understand the rules of the conference. Each athlete can only participate in 3 events per meet. We are a combined 7<sup>th</sup> & 8<sup>th</sup> grade team now and we all run for Valley Forge. The fastest girls will earn priority spots during meets. **TRACK IS A RUNNING SPORT AND EVERYONE WILL PARTICIPATE IN RUNNING ACTIVITIES DURING PRACTICES/MEETS.** We will do our best to find the right event for your daughter. We encourage all athletes to try something new and gain experience in all events.

**Important Information:**

\*\*\* **FOR UPDATED** information please follow us on TWITTER **@AthleticsGMS**

- **Remind 101** app –see handout to join. (To: 81010 Text the following Message: @vft2023)
- **Parents Meeting:** March 8th@GMS in café at 4:30pm.
- **Team Picture Day:** March 24<sup>th</sup> from 3:05-4:25pm (Wear uniforms OR VF school colors)

Running Shoes: IF buying and investing in new shoes. Visit **Fleet Feet or Second Sole**. They are experts at helping you pick the correct shoe for your body style.

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I have read and understand all of the above information regarding the Valley Forge Track & Field Team.

Please sign and return to your coach by the end of this week.

**Parent Print & Sign** \_\_\_\_\_

**Student Print & Sign** \_\_\_\_\_

Girls 2023 VF Track and Field  
Uniform Order Form  
All sizes are ADULT sizes

First & Last Name: \_\_\_\_\_

**Sizes & PAYMENT DUE by March 10th**

**MANDATORY:**

**Running Uniform (T-shirt & shorts) MUST be purchased.** (The student athlete will get to keep the uniform after the season.) The total cost of a complete uniform is \$25.00, unless you wish to order more than one piece. Please return order form and payment in a sealed envelope.

| Uniform    | Adult Size (S, M, L, XL)<br><small>Please contact coach if another size is needed.</small> | Quantity   | Price      | Total                     |
|------------|--|------------|------------|---------------------------|
| T-shirt    |  |            | \$12       |                           |
| Short      |  |            | \$13       |                           |
| XXXXXXXXXX | XXXXXXXXXXXXXXXXXXXX   | XXXXXXXXXX | XXXXXXXXXX | \$ _____<br>Check # _____ |

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