

Attention! After reading this letter, you must complete the online survey.

Spring Track

Dear Athletes and Parents:

I would like to take this opportunity to welcome everyone who signed up. Since you made the commitment to participate in winter track, we hope that you will follow through and make this a successful season. This commitment brings certain responsibilities.

1. Attendance- you must attend practice to improve and maintain your abilities. Only your family and school should be more important. We understand that some students work. You will be given a meet schedule well in advance so that you can make changes in your work schedule. Practice will be Monday –Saturday weather permitting. Saturday practices will begin at 9 am. You should arrange any extra help for your classes in the morning so that you can be on time to practice in the afternoon. Practice begins at 2:00 pm. Be on the track!

However, if you have to stay in the afternoon, you **must** bring a note from your teacher prior to starting practice. If you are absent because of sickness, bring a note from your parent or doctor. **Attendance is imperative!** 5 unexcused absences will result in dismissal from the team. We only ask that if you make the commitment to your team that you show up to practice and compete. You should inform your coach, as soon as possible, each time you will not be able to attend practice or an event.

2. Co-operation- Every athlete must be willing to co-operate in several areas. (1) To help the team by making the commitment to compete in at least 2 or more events. No one should specialize in only one event. (2) To help prepare the track and for practice by placing and clearing hurdles and mats.

3. Parents are very welcome at meets. We encourage you to attend as many meets as possible.. School policy requires that all athletes travel to and from competition as a team. All athletes are required to remain with the team until the conclusion of the meet.

Every athlete is expected to follow team rules. If everyone co-operates and does his best, our team will have a successful spring season.

4. Information – We have two websites that provide information about our schedule of events, results and track records.

http://lths.laceyschools.org/pages/Lacey_High

www.laceytrack.com

Thanks for your co-operation,

Coach Monari --Coach Geiger – Coach Blum - Coach Graziano