

NWMS Track & Field Frequently Asked Questions 2021

Q: What precautions are you taking this season in regards to COVID-19?

A: Please refer to page 3 of this document or page 2 on our updated team information sheet located on the NWMS Track and Field webpage.

Q: Where should my athlete report on the first day?

A: The first day of track and field for “West House” will be on Monday, March 15th. The first day of track and field for “Miller House” will be on Tuesday, March 16th. Athletes should leave their SLT and stop at their school locker to collect their belongings for the day. They will then take everything straight to the wellness locker room. Track coaches will verify online (using Rank One) that all of the proper paperwork has been completed. Please see the main page of the athletic website to learn more about this. Athletes should be in the locker room by 3:55pm and await further instructions from coaches who will be waiting for them.

Q: Are there tryouts to make the team?

A: No, anyone who wants to join the team and meets the academic and behavior requirements may participate. Please see the separate “event selection process” document on our team web page which further explains the process to determine which event(s) your athlete will focus on for the season. Also, we are one whole team (6th, 7th, 8th grade) - track & field does not have separate races/meets for each grade level.

Q: Does my athlete need a physical?

A: If your athlete has participated or tried out for another fall or winter sport at NWMS this year, then you do not need a physical. If this is the first sport all year that your athlete will be participating in, then a physical must not be older than April 1, 2019. Physicals from the 19-20 school year are accepted for the 20-21 school year. Please see the main page of the athletic website to download all of the athletic paperwork needed to join a school sport.

Q: What should my athlete wear to practice?

A: Your athlete will need to wear tennis shoes, athletic shorts and a t-shirt as a MINIMUM! In the spring, the weather can be very cold, windy, and wet. Your athlete should also bring to practice every day (even in May) long athletic pants and a sweatshirt for cooler weather. Ear Bands, gloves and a wind jacket could also be very helpful. Even if it's chilly, we go outside to practice! 30 degrees and below is usually our threshold to not go outdoors.

Q: At what time and where do I pick my athlete up from practice?

A: All practices will end at 5:15pm this season.

A: All track & field parents will use the South Entrance to enter the pick-up line. Traffic will flow around the building counter-clockwise and exit back onto Hague Rd. via the North Entrance. Athletes will enter their vehicles near the track along the sidewalks. Athletes will not be allowed to cross traffic to get into cars parked in the parking lots. Please remain in line and continue to pull forward to keep traffic moving! Refer to the separate “Parent Pick Up Instructions Map” on the team website for visual instructions.

Q: Will there be practice during spring break?

A: No, we will not be conducting any type of organized practice at school over the 2-week spring break. However, we will give athletes a workout plan we expect them to complete while they are away during the break. This is vital in order to remain competitive at meets upon returning from break.

Q: Will there be practice the day before spring break?

A: No, we will not practice on Friday, March 26th.

Q: What should my athlete wear to meets?

A: Athletes will wear a team uniform provided by the school. The singlet (jersey) must be returned at the end of the season. Athletes are responsible to provide their own pair of solid black shorts to wear with their singlet. Athletes who do not return their singlet at the end of the season will be charged a \$55 replacement fee.

A: Spikes are also encouraged for every event (except throwing) as they greatly improve performance on the track's all-weather surface. Track facilities require that spikes be no longer than ¼ inches in length. On meet days, it is very important that athletes pack the same clothing as practice (extra shorts, t-shirt, long sleeves, hat, gloves, ear bands, jacket, etc.) Keeping the body warm between events is key to competing at a higher level.

Q: Will my athlete get to compete in all of the home and away meets?

A: No. Coaches make every effort to slate as many athletes for a meet as possible. However, due to meet restrictions, it's not possible for all athletes to compete. "B" meets are reserved for athletes who have not yet competed/scored in a varsity meet. Some meets are designated as "varsity only" and do not have any extra/reserve heats in the races.

Q: How many events can my athlete participate in per meet?

A: Athletes are limited to a maximum of 4 events per meet. Please note that most athletes will not participate in 4 events at every meet.

Q: What events are in a meet?

A: Girls run before boys usually but some meets combine boys and girls in certain events (or all). Running events for most meets are (in order):

- 4x800m Relay
- 100m Hurdles
- 100M Dash
- 1600m Run
- 4x100m Relay
- 400m Run
- 800m Run
- 200m Run
- 2400m Run
- 4x400m Relay

Field events for meets are:

- Shot Put (Girls First)
- Discus (Boys First)
- High Jump (Girls First)
- Long Jump (Boys First)

Q: How can I help or be involved?

A: There will be opportunities for adults to help at all of our home meets. As soon as the season begins, there will be sign-ups for all of these meets. We will need help with timing and at some of the field events. More information will be shared at a later time from the coaches as well.

ADDITIONAL TRACK AND FIELD COVID-19 POLICIES TO BE IMPLEMENTED THIS SEASON

➤ **Face Coverings/Masks**

- Everyone is required to wear a face covering at all times except during strenuous physical activity. This includes changing clothes in the locker room, static stretching, receiving drill instructions from coaches, etc. - athletes may only remove their mask when a coach says it is permissible. Some events, such as jumping and throwing, may require face coverings to remain on the entire time (including during competition).
- Athletes are encouraged to use a “neck gaiter” as a face covering instead of a mask that wraps around the ears. Neck gaiters can be easily pulled up and down, ensuring face coverings always remain with athletes during workouts. If athletes wear a traditional mask, they should keep it around their wrist when not wearing it.
- Athletes have the option to wear a face covering the entire time - this includes while running and/or competing.

➤ **Practices**

- We must maintain social distancing as much as possible (minimum 3-6 feet from others).
- For the majority of the season, athletes will only attend practices on the day they are present at school. Please refer to our team calendar for more specific information.
 - This will help provide enough space within the school stadium to maintain social distancing between groups.
 - NOTE: If the overall size of our boys and girls teams are smaller than expected this season, we will consider allowing everyone to attend practice every day - any changes of this nature will be clearly communicated the first week of the season!
- Home workouts will be provided for days athletes are not at school.
- Within each house group, athletes will still be given individualized track and field workouts - coaches will stagger everyone in different areas around the facility for training each day.

➤ **Meets**

- Athletes will be slated to compete in as many meets as possible this season. Please note there are some meets designated as “B” only and “Varsity” only.
- Meet rosters will be shared with all team athletes via Google Drive. Athletes will be able to see which events they are competing in each week via Google Drive on their iPad. Meet rosters cannot be shared with parents/families via email.

➤ **Water Bottles**

- There will not be any community water bottles available.
- It is imperative that your athlete has their own water bottle with their name on it for practice every day!
- Our athletic department has purchased special water coolers that allow for contactless refills during practices/meets - this means your athlete can refill their own water bottle without touching anything - pretty cool!

➤ **Lockers**

- Due to the schedule, and shift in transportation philosophy, we will NOT be assigning lockers to athletes this season.
- On days your athlete is at school, they will bring all of their belongings to the locker room, change for practice, and then bring all of their belongings out to our team camp area
- Please have your athlete bring a large plastic trash bag to track everyday (they can just keep one in their gym bag - if it looks like it might rain, they can quickly place all of their belongings inside their plastic bag to keep things dry!
- As soon as practice/meets are over, athletes are free to find you and leave - they will not go back into the school. Please refer to the pick-up instructions map below to help with the flow of traffic.

➤ **Transportation**

- Families have been given special permission from the school board to transport their athletes to and from track meets this season.
- Please pay close attention to which track meets your athlete will attend. Athletes will have access to meet rosters on their iPads in the Google Drive App.
- If you cannot transport your athlete to/from a meet, please reach out to other track families. If you need help communicating with other families to form a carpool, coaches can help share your information with families.

➤ **Additional Protocols**

- Athletes should tell coaches immediately if they are not feeling well/if quarantined/if a family member tests positive
- Athletes must provide their own personal hand sanitizer during practices and meets.
- Clothing/Uniforms worn during track should be washed immediately after use each day.
- Athletes placed in relays with batons should sanitize their hands before training/competing in these races.
- ***IF AN ATHLETE TESTS POSITIVE FOR COVID-19 AT ANY POINT DURING THE SEASON, THEY WILL NEED CLEARANCE FROM A PHYSICIAN TO RETURN TO PRACTICE/COMPETITION.***