

## NWMS Track & Field Frequently Asked Questions 2022

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

A: 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 3:45pm 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, 2021. 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! Temperatures below 38 degrees 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: Girls' team pick-up will be on the north side of the building outside of the stadium entrance. Boys' team pick-up will be on the south side of the building by the tennis courts. Any boy who carools with a girl will go to the north side to be picked up with the girls team. All parents of the girls' team will enter AND exit the property using the north entrance on Hague road. All parents of the boys' team will enter AND exit the property using the south entrance on Hague road. Please 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 25th.

### Q: What should my athlete wear to meets?

A: Athletes will wear a team uniform (singlet) provided by the school. The singlet (jersey) must be returned at the end of the season. Athletes must provide their own pair of solid black athletic shorts to complete their uniform. 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, earbands, jacket, etc.) Keeping the body warm between events is key to competing at a higher level.

**Q: Will there be athletic bus transportation this season for away meets?**

A: No - to avoid quarantine restrictions, there will not be athletic bus transportation to/from away meets. For all home and away meets, athletes will need to go home immediately after school their normal way and then find their own transportation to the meets. If you need help forming a carpool with other families, please let your head coach know.

**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: How will I know which events my athlete will participate in for each meet?**

A: Coaches will post meet rosters at least 24 hours prior to each meet in a Google Drive folder that will be shared with all team members. Athletes are required to communicate which events they are participating in to their families. Coaches will fill as many spots as possible in every meet, but it is not possible for all team members to compete in every meet. Also note that there are designated "B" meets and "Varsity Only" meets. Meet rosters will include the arrival time for each athlete. They will stay at the meet until their last event(s) is complete. Attendance will be taken when athletes arrive and depart to ensure safety and accountability.

**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 parents help or be involved?**

A: There will be opportunities to help at all of our home meets. We will need help with timing and at the field events. During our virtual parent meeting on Tuesday, March 22, there will be sign-ups for all of these meets. If you already know you would like to help, you can go to <https://tinyurl.com/NWMS22TV> to sign up right away for our home meets this year!