

# Tamaroa/St. Bruno Track and Field

**Coaches:** John Alongi

**Asst. Coach:** Cara Alongi

## **Intro to T-STB Track and Field:**

- Track and Field is open to all 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders.
- A doctor's physical must be completed before an athlete can practice with the team.
- Practices will be from 3:00 to 4:15 for all grades (schedule attached)
- A decision on practice on bad weather days will be made by 2:00 pm. We will call the school to notify them and update the school blog. Some days practice on bad weather days may be held in the gym. We will notify you where to pick up your child on those days.
- All athletes need to meet all academic and character expectations set by St. Bruno, to participate on the track team.

## **Track Meets:**

- Meet schedule is attached
- Athletes may compete in up to four events per meet.
- For meets that there is no participation limit, we will allow as many athletes to participate in an event that are interested. Some meets have participation limits per event and the top times will participate in those events.
- Unless there are specific conflicts, athletes need to attend practices to participate in the meets. Please notify the coach if you will not be at a practice.
- Athletes are expected to be on their best behavior at meets. When not participating in their event, athletes should be in the team staging area unless directed otherwise by a coach or cheering on a teammate in an event.
- All athletes are encouraged to stay and cheer on teammates for the entire meet. If an athlete needs to leave early they **MUST** check out by signing out with one of the Coaches.

## **Equipment:**

- Athletic clothing
  - T-shirt/Shorts
  - Running shoes/ Athletic socks
  - Cold weather clothing
  - Spikes are optional
- Proper attire is expected at practice (see above list) – sports bras, camisoles, low pants, and short shorts are not permitted.
- Uniforms for the season are provided. Athletes are responsible for turning in all checked out equipment at the end of the year. If not turned in, the student must pay for the uniform.

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