

# WESTVIEW MIDDLE SCHOOL TRACK AND FIELD 2019

## Welcome to the 2020 Track and Field Season

- ★ If you have previously participated in an intramural sport this year, you only need to bring **\$55** for your participation fee and pay for your uniform t-shirt on the skazma website – by March 13th, 2019. If you have **not** participated yet this year, you will also need to bring a signed parent permission/ proof of insurance form to the office. In addition, an orange registration form needs to be turned in to the front office.
- ★ Free/reduced lunch or hardship students will have the intramural fees waived (however, you will be expected to purchase a uniform t-shirt). No student will be denied the opportunity to participate in Westview intramurals because of their inability to pay the fees. Please contact Coach Patton with questions.
- ★ If you are involved in other activities we will do everything we can to accommodate you. However, track meets take place on Wednesdays. **We expect ALL students to attend track on Wednesdays whether that is a practice or a meet.**
- ★ Once the meet season starts students will be expected to attend practice a minimum of ONE time between the meets.
- ★ A signed copy of the behavior expectations is due no later than March 16th.

Practice for the 2020 Westview Middle School Track and Field season will officially start on **Monday, March 9th**. I hope you are as excited as we are for the upcoming season.

Bring the following with you to practice:

1. **Running Shoes/ Spikes:** It is a good idea to have a pair of running shoes that will support your foot as well as your type of running. They do not have to be expensive! You may want to start looking into spikes (1/8) but, they are not mandatory and you may want to wait until you figure out whether you are a sprinter or a distance person.
2. **Appropriate Running Attire:** This includes bringing SWEATS EVERY DAY!!! I repeat: **SWEATS EVERY DAY!** You never know what the weather will end up being so be prepared for it to be cold. You also need comfortable shorts and t-shirts. Please wear socks on your feet to help keep away blisters and also have a sports/running bra.
3. **Inhalers/Water Bottles:** Be sure these are outside with you. Our custodians work hard to keep our school clean and we are here to work our hardest to prepare you for our meets. Therefore, access to the building will be extremely limited!!!!

Please let us know if you have any questions:

|             |                 |
|-------------|-----------------|
| Ms. Patton  | Head Coach      |
| Mr. Collier | Assistant Coach |
| Ms. Ferrara | Assistant Coach |
| Ms. Rude    | Assistant Coach |
| Ms. Wiens   | Assistant Coach |
| Mr. Helmus  | Assistant Coach |

Practices will take place from 3:30-5:00. The general schedule for this year is as follows:

| Monday   | Tuesday      | Wednesday                        | Thursday     | Friday                   |
|--|--------------|----------------------------------|--------------|--------------------------|
| All Students   | All Students | All Students<br>or<br>TRACK MEET | All Students | <b>NO TRACK PRACTICE</b> |
| Track Practice will begin with warm-ups followed by all running events and ending with field events. Please make sure that you are able to attend for the entire practice. |              |                                  |              |                          |

**\*Please refer the the schoology calendar for specifics\***

**WESTVIEW MIDDLE SCHOOL TRACK AND FIELD IMPORTANT DATES**  
(subject to change)

| DATE              |            | MEET  | SITE   | TIME           |
|-------------------|------------|---|--|----------------|
| March 9th         | Mon        | Practice Begins: All Athletes                                   | Meet in the Big Gym  | 3:30 PM        |
| April 1st         | Wed        | Away Meet ALL GRADES:<br>Timberline, Carbon Valley              | Frederick High School/ Hosted<br>by Coal Ridge Middle School | 3:30 PM        |
| April 15th        | Wed        | Away Meet ALL GRADES:<br>Soaring Heights, Sunset                | Mead High School/ Hosted by<br>Mead Middle School            | 3:30 PM        |
| April 22nd        | Wed        | <b>Home Meet ALL GRADES:</b><br>Erie, Twin Peaks, Carbon Valley | Longmont High School   | 3:30 PM        |
| <b>April 24th</b> | <b>Fri</b> | <b>6th GRADE DISTRICT MEET</b>                                  | Lyons Middle/ Senior High School                             | <b>2:00 PM</b> |
| April 28th        | Wed        | Away Meet ONLY 7th and 8th<br>Flagstaff, Trail Ridge            | Thunder Valley   | 3:30           |
| <b>May 2nd</b>    | <b>Sat</b> | <b>7th and 8th GRADE DISTRICT MEET</b>                          | Longmont High School   | <b>8:30 AM</b> |

ALL UPDATES WILL BE POSTED ON THE SCHOLOGY PAGE  
8BZB-SD4N-8JBQ6

The season officially begins on Monday, March 9<sup>th</sup> and concludes with the meet on Saturday, May 2<sup>nd</sup>.

\* Thursday, April 23<sup>rd</sup> will be a 6<sup>th</sup> grade practice: They have districts the following day.

**\*\*6<sup>th</sup> grade: your season concludes on April 24<sup>th</sup> with the district meet.\*\***

**Please be sure your ride is here by 5:01. Many coaches have commitments after practice.**