



Dear Parents,

Your child has expressed an interest in being a member of the CMM Track Team this year. Tryouts will be held **Tuesday, September 29th, Wednesday, September 30th, and Thursday October 1st** after school from 3:30 p.m. to 5:00 p.m. Students will need to be picked up at 5:00 p.m.

Please read the following carefully!

Your student athlete does **not** need to attend every try out day. Attend only the day(s) that apply.

Tues, Sept 29 – Sprinters

Wed, Sept 30 – Distance Runners

Thur., Oct 1– Shotput, Discus and make ups

We will keep approximately, 20 students for the girls' and boys' teams depending on events filled. Please understand that 75-100 student's tryout. The team will be posted before school on **Friday, Oct 2nd** on the doors of the school and online.

Students that make the team are expected to be well-behaved, continue to maintain good grades, and have some of the top times in the event they try out for. Students that make the team MUST be willing to run in any event chosen for them even if they did not try out for that event. Also understand that not every student that makes the team is GUARANTEED to start at a meet. It is at the coach's discretion to field the best team to help CMM have a successful season. Each student that makes the team is required to purchase a t-shirt.

Please look over the schedule attached to make sure there are no conflicts with other extracurricular events. If you feel your child can be a committed member of the team, and would like to try out, please sign and **return the permission slip, along with the WAIVER, on Tryout Day.** All information will be posted on the www.middlemagnet.com website under the **Extra-Curricular/Athletics** section. Please be sure to circle which events your child would like to try out for!

Sincerely,

Jamie Davis
Boys Track Coach
jwdavis@caddoschools.org

Glyndale Rushing
Girls Track Coach
crushing@caddoschools.org

RETURN THIS PAGE, WITH THE WAIVER, ON TRYOUT DAY !

NAME: _____ PHONE#: _____

GRADE: _____ GYM PERIOD: _____ GYM TEACHER _____

Were you a member of CMM track team last year? Yes or No
If so, what events did you participate in?

These are the events offered:

*Please circle the event/events you are interested in trying out for.
(We will put together relay teams based on times in certain events)

RUNNING

SPRINTING

FIELD EVENTS

1 MILE-1600 M RUN

-100 M DASH

SHOT PUT

2 LAPS- 800 M RUN

DISCUS

1 LAP- 400 M DASH

½ LAP- 200 M DASH

I give my permission for my son/daughter to try out for the 2020-2021 CMM Track Team. I agree to accept the terms found on the Track Team Information Form. Attached is the Waiver. If you have a waiver with another sport please let the coach know. I understand that **if my child makes the team**, he/she will not be allowed to practice until a physical form, **signed by a physician**, is turned in.

Parent Signature

Student Signature

Track Team Information

1. Must have a waiver filled out before they may tryout.
2. **If** you make the team you must get a physical form filled out and signed by a physician before you can practice. If the student has one from a different sport he/she played, through CMM, it will be accepted.
3. You must purchase a t-shirt and proper track shoes. Details will come later concerning the uniform.
4. If a practice is missed without a doctor's note or without a coach speaking with a parent prior to the missed practice, he/she will not be allowed to participate in that week's meet.
5. Must have a ride on time to and from practices and meets.
6. Must be able to run a mile.
7. Must have no major disciplinary or academic problems.
8. Must be willing to run in **ANY** event assigned.
9. Must remain at the meet until it is over even if his/her event is finished (Usually until somewhere around 7:00 p.m.)

We have the right to remove any member of the team for any of the following reasons:

1. Poor attitude and work ethic
2. Poor sportsmanship
3. Refusal to participate in the event assigned
4. Disciplinary or academic problems
5. Habitually misses practice/meets or late to practice/meets
6. Habitually late for pick-up after practices or events.

Glyndale Rushing, Girls Track Coach

Jamie Davis, Boys Track Coach

Practice Dates, Places, and Times

- Monday, October 5, 2020 – After School @ CMM 3:30-4:30 p.m.
- Wednesday, October 7, 2020 - After School @ CMM 3:30-4:30 p.m.
- Monday, October 19, 2020- After School @ CMM 3:30-4:30 p.m.
- Wednesday, October 21, 2020 -After School @ CMM 3:30-4:30 p.m.
- Monday, October 26, 2020- After School @ CMM 3:30-4:30 p.m.
- Monday, November 2, 2020- After School @ CMM 3:30-4:30 p.m.
- Monday, November 9, 2020- After School @ CMM 3:30-4:30 p.m.
- Monday, November 16, 2020- After School @ CMM 3:30-4:30 p.m.

Track Meets:

Wednesday October 28th Meet No. 1 at Lee Hedges Stadium

Wednesday, November 4th - Meet No. 2 at Northwood Stadium

Wednesday, November 11th- League I Meet at Lee Hedges Teams – CMM, CMCT, Keithville, Ridgewood, and Youree Drive

Wednesday. November 18th City Championship at Lee Hedges

All meets begin at 5:00 p.m. We will arrive at 4:00 to begin warm-ups. (I have not received the official times yet)