

## COMMON QUESTIONS FOR TRACK

**ATHLETIC FEE:** \$70 fee needs to be paid prior to the first meet

**SHORTS:** Any color is fine

**SHIRTS:** The tee shirts that were ordered will be handed out before our team photo and hopefully the first meet.

**SHOES:** Good supportive running shoes is enough – spiked running shoes are not necessary.

**WEATHER:** Meets will only be cancelled if there is lightening. We are not able to make up meets due to Stocker Stadium being used by high school & college. Athletes need to bring clothing for all types of weather. We will run in rain, sleet, snow and wind. Please bring sunscreen & water!

**STOCKER STADIUM:** All track meets are at 12<sup>th</sup> & North Avenue in Grand Junction. All running events are on the track and finish lines are on the northeast side of track. The high jump is at the south end, the long jump and triple jump are on the west side of track. The discus and shot put areas are located outside the stadium on the east side of the baseball fences. Fans are only allowed in stadium seating inside the track and stadium seating by shot/discus area.

**FOOD:** Athletes need to eat a good breakfast & lunch on day of meets and drink plenty of water. These are long days. They may need to pack a snack for the meet. The concession stand at Stocker Stadium is sometimes open.

**SEATING EXPECTATIONS:** Athletes are to sit together as a team in a close area for entrance to the track arena. Expectations are that they are seated until their event is called. Coaches are on the track coaching events and are not in the stadium with the athletes. If we need an athlete we can go to the stadium area to find our team members easily. Please leave valuables at home and as soon as a parent/relative arrives we suggest giving backpacks to the family for security. There are many fans/athletes/others in the stadium and theft has occurred in the past.

**SIGN OUT:** Athletes are required to be signed out by a parent/guardian at each track meet. The clipboard will be in the stadium area of our team next to our medical kit. The clipboard will have a roster of our athletes with an area for a signature. If an athlete is riding home with another person we are to have a signed note from that adult giving permission for that ride. This is the same policy for our previous sports. If an athlete does not have the adult signature they are not to participate in the next meet.

**BUS TO TRACK MEET:** The bus will take our athletes from Fruita Middle to Stocker Stadium for the track meets. We will leave the school at approximately 2:50. There is **NO RETURN** bus to FMS. Athletes are responsible for getting a ride home. Athletes do not have to stay for the entire meet. They may leave when they are done with their events.

Finally the first track meet is a great learning experience for the athletes. They have to be very responsible for themselves in the stadium seats and listening for the announcer to call the next events. Most middle schoolers have never participated or seen a track meet. We know all of our kids will do their best and we celebrate all accomplishments. We do our best to find events that best fit the athletes. Each week they may try different events. Some events are only allowed a certain number of participants and in practice we will have tryouts for those specific events. We go over the track meet results the day after our meets. We will also post this information on our FMS athletic tab website. Please check out our FMS website at <http://fms.d51schools.org>

Thank you,

Track Coaches

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