

NFMS Track Team 2023

Congratulations on your child making the 2023 wildcat track team. We are very fortunate to have parents like you to support and encourage our athletes. The following information will provide you and your child with some pertinent information that will help your child enjoy this year's track season.

Practice/Meet Schedule- All practices will start directly after school at 4:15 and last until approximately 6:00. We will practice every weekday Monday-Thursday of every week unless otherwise posted. We ask that all parents arrive at the school by 5:55 to pick up their child after practice. If you know that you will not be able to pick up your child on time, please make other arrangements to have your child picked up. *Meet schedule attached*

Track Meets- Track meets usually last for 2 or more hours depending on the speed in which the meet runs. Our projected finish time at each meet should be around 7:30. Of course, if your child has finished their events, they may leave before this time (if you have signed for them to leave with you). Because most of our meets are scheduled for school nights, we ask that you be as prompt as possible when picking up your child after each meet. A sign-out sheet will be on hand at each meet for you to use when picking up your child.

We hope that you will be understanding with us on actual times as they can vary from meet to meet, depending on how they are ran.

We do encourage that you come to watch/support your child during their events. However, we do ask that parents refrain from the athlete area during the meets unless it is an emergency for your child.

Transportation- All of our track meets will be held at off campus venues this year. All team members will ride the bus to the meet. It is the parents/guardians responsibility to pick up their child from each track meet.

Attendance- All team members should attend all scheduled practices and meets. If circumstances arise where the student cannot attend a practice, the coach must be notified prior to the practice. Personal contact, telephone call, e-mail, or a written statement from the parent or guardian will be considered an excused absence. Any athlete that misses more than 1 unexcused absence may not be eligible to attend the next meet.

Conduct- All school rules will apply to athletes during track. All track athletes are expected to demonstrate optimum behavior throughout this track season. Students should use appropriate behavior not only during practice and meets, but throughout the school day as well. Any student who demonstrates inappropriate behavior may be removed from the team.

Eligibility- If the athlete is not achieving success in the classroom; they will not be allowed to participate in any athletic contest until their grades have improved.

Track Apparel/Dues- We are asking that all track athletes purchase a track apparel package to wear to school the day of meets. This package will include a hooded sweatshirt, and tee shirt. Apparel will be ordered by each individual athlete. Any quality pair of running shoes will be suitable for this years track season (spikes are allowed for certain events). Uniforms will be handed out prior to our first meet. The weather is always changing this time of year, so students should be prepared for any type of weather.

Feel free to contact any of the coaches with any additional questions:

Coach Carnes-	School- 770-889-0743 Ext. 780578	Cell- 404-226-7225	e-mail- tcarnes@forsyth.k12.ga.us
Coach Hoyle-	School- 770-889-0743 Ext. 780578	Cell- 404-580-9477	e-mail- dhoyle@forsyth.k12.ga.us
Coach Grant-	School- 770-889-0743 Ext. 780578	Cell-678-617-9871	e-mail- mgrant@forsyth.k12.ga.us
Coach Gray-		Cell-770-364-0722	e-mail- jgray@forsyth.k12.ga.us

We look forward to a great season with this group of athletes and hope to help them grow and succeed every way possible throughout the season.

Thanks,

Coach Ty Carnes, Dusty Hoyle, Mallory Grant, Jim Gray

