

Track and Field 2024
(April 2nd- May 30th)

Google Classroom Code = ehkvxnt

6th Grade Remind = @harttrack6

7th Grade Remind = @runwhart

8th Grade Remind = @runwhart2

Clothing Order Due Monday, March 4th

Physical/Final Forms Registration:

<https://rochester-mi.finalforms.com/>

Parent Meeting Thursday, April 11th @ 4:30pm

Pay to Play is due Friday, April 19th:

<https://rochesteronline.ce.eleyo.com/courses/category/114/athletics-pay-to-participate/middle-school-pay-to-participate>

Coaches:

Chris DeVantier (Head Coach)

Christine Bays (6th Grade Girls)

Jim Cromie (6th Grade Boys)

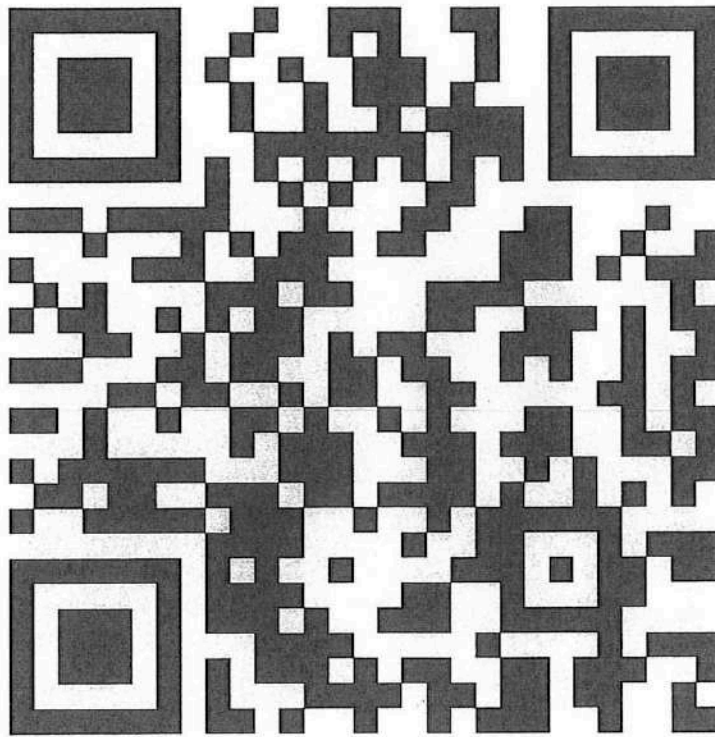
Bethany Strausbaugh (7th Grade Girls)

Amber Golden (7th Grade Boys)

Paige Flowers (8th Grade Girls)

Sam Castillo (8th Grade Boys)

Hart Track and Field Gear order form 2024



<https://bsnteamssports.com/shop/uzSCrhtDCF>

The only item that is required for purchase is the track singlet. This singlet can and will be used for track and cross country for the foreseeable future. If you are unable to purchase due to financial circumstances please contact Allison Roberts at aroberts@rochester.k12.mi.us

Order of Track Events

(Field Events are on-going: 3 attempts for Athletes: Shot Put,
Long Jump & High Jump)

3200m Relay (4x800)

55m Hurdles

100m

800m Relay (4x200)

1600m

400m Relay (4x100)

400m

70m

800m

200m Hurdles

200m

3200m

1600m Relay (4x400)

Hart Middle School Track and Field 2024 Families

Monday, March 4th = Uniform Order is due!

Monday	Tuesday	Wednesday	Thursday	Friday
April 1 No Practice	2 1st Practice 2:30-4:30pm	3 Practice 2:30-4:30pm	4 Practice 2:30-4:30pm	5 6th Grade Field Trip Practice 2:30-4:00pm
April 8 No Practice	9 Practice 2:30-4:30pm	10 PSAT for 8th Grade Practice 2:30-4:30pm	11 Practice 2:30-4:30pm Parent Meeting in the Gym at 4:30pm	12 Practice 2:30-4:30pm
April 15 Practice 2:30-4:30pm	16 Practice 2:30-4:30pm	17 2:30-4:30pm 4pm Dismissal for Athletes not in Field/Hurdles Events	18 Practice 2:30-4:30pm 20% off Hanson's Running Shoes from 5-8pm in Lake Orion and Utica	19 PAY TO PLAY IS DUE No School No Practice
April 22 Practice Meet at Hart Middle School 2:30-5:00pm	23 Practice 2:30-4:30pm	24 Practice 2:30-4:30pm	25 1st Meet (3:45pm) Hart vs West at Hart Middle School	26 Practice 2:30-4:15pm
29 Practice 2:30-4:15pm	30 2nd Meet (4pm) Hart vs Larson at Larson Middle School	May 1 Picture Day! Practice 2:30-4:15pm	2 Practice 2:30-4:15pm	3 Practice 2:30-4:15pm
May 6 Practice 2:30-4:15pm	7 3rd Meet (4pm) Hart vs Smith at Hart Middle School	8 Practice 2:30-4:15pm	9 4th Meet (4pm) Hart vs Avondale at Hart Middle School	10 Practice 2:30-4:15pm
May 13 Practice 2:30-4:15pm	14 5th Meet (4pm) Hart vs Baker at Hart Middle School	15 8th Grade Field Trip to Detroit No Practice	16 6th Meet (3:45pm) Hart vs Van Hoosen at Hart Middle School	17 No School No Practice
May 20 Track Celebration! Practice 2:30-4:15pm	21 7th Meet (3:45pm) Hart vs Reuther at Reuther Middle School	22 Practice 2:30-4:15pm	23 Rochester City Meet (4pm) 7th & 8th Grade (6th Grade Qualifiers) At Adams High School (4pm) 6th Grade Rochester City Meet at Hart Middle School	24 No Practice
May 27 No School No Practice	28 County Qualifiers Practice 2:30-3:30	29 7th Grade Cedar Point Field Trip County Qualifiers Practice 2:30-3:30	30 Oakland County Meet 6th, 7th & 8th Grade Qualifiers at Clarkston High School	31 No Practice

Monday, June 3rd = Bowling Party at North Hill Lanes (Celebration and Certificates)

6th Grade Track Opportunities

This year RCS has decided to include 6th grade athletes to our Track and Field team!

During all meets, 6th graders will have the opportunity to run in three events. 6th graders will only be allowed to compete in a field event if they are a top 10 qualifier; this includes, long jump, high jump, shot put, and hurdles. Any 6th graders may run for points (first heat of running events) if they qualify as a top 4 athlete in that running event. They can qualify during practice time or during an actual meet.

During most meets, the 6th graders competing in the 100m and 70m sprint events will be on the opposite side of the track. Parents that would like to get a closer look will need to walk outside the fence line to cheer on our athletes.

Starting Wednesday, April 17th all athletes will be dismissed at 4pm, unless they are working on field events, hurdles or relays. Even though 6th graders will not be competing in field events during the meet they may stick around to work on those field events during this time. Student athletes will need to communicate this with whoever is picking them up on that day.

Lead with HART continues at Track. We expect student athletes to follow the directions of the coaches throughout practice, this includes our warm up run, long sub runs, as well as breakout group workouts. If an athlete receives one warning, a discussion with a coach will take place and a form will need to be signed by a parent and returned before the athlete can practice. If a second concern happens, Head Coach will call the parent. Until communication is achieved, that athlete will not be allowed at practice. For a third incident, the athlete may be released from the team.

2024 Hart Track Volunteer Form

Thank you for your interest in helping out our track team this year. With 400+ kids being involved in our meets we need a lot of help to keep things moving. Please sign up for time keeping, field events or concession stand during our 6 Home Meet. Any parent able to volunteer would be appreciated.

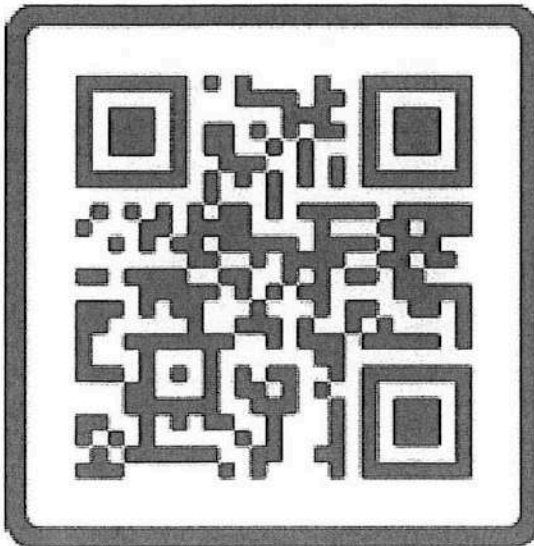
We need MANY parent volunteers at each home meet.

If you are available to help please sign up in our sign-up genius.

Please show up 30 minutes before the start of the meet.

Scan the QR code or go to

<https://www.signupgenius.com/go/9040E4AAFAA2FA2F94-47797684-2024#/>



Welcome to the 2024 Hart Track team. We are glad that you have made a commitment to join the team. Track requires a lot of hard work and dedication. We expect all members of the team to come prepared to work every day. You will see the positive results of your efforts by the end of the season. The information below is for you to become familiar with our upcoming track season. Share this information with your parents. It outlines our expectations and some of the requirements you need to follow during the season.

A parent information meeting will be held on Thursday, April 11 at 4:30 following practice in the Hart Gym. This is to answer any questions and relay any other important information.

This year we are asking the kids to purchase a jersey that we will be using as a team uniform. If you have any difficulty purchasing the jersey we would be glad to provide one for you. If you need financial assistance please contact the Hart Principal, Allison Roberts at aroberts@rochester.k12.mi.us Any black shorts can be worn to complete the uniform.

We are offering other clothing items for purchase. These are not mandatory. These include a hoodie, t-shirt, shorts and sweatpants. We are happy to offer a concession stand in which we sell drinks and food during home track meets.

Participation Requirements:

- **You must have a physical on file with FINAL FORMS to participate in the first practice:**
<https://rochester-mi.finalforms.com/>
- Pay to participate is due on 4/19
- **Practice Requirements: *See attached schedule***

Practice is an integral part of belonging to Hart's track program. Daily attendance is mandatory. **We make exceptions for team members that have other commitments on an individual basis. Feel free to email Mr. DeVantier at school with these concerns.*** cdevantier@rcs-k12.us**

Lead with HART continues at Track. We expect student athletes to follow the directions of the coaches throughout practice, this includes our warm up run, long sub runs, as well as breakout group workouts. If an athlete receives one warning, a discussion with a coach will take place and a form will need to be signed by a parent and returned before the athlete can practice. If a second concern happens, Head Coach will call the parent. Until communication is achieved, that athlete will not be allowed at practice. For a third incident, the athlete may be released from the team.

Practice Guidelines:

1. Athletes are expected to be on the track to set up equipment and warm-up by 2:35.
2. Bring all of your equipment outside at the start of practice (sweats, jacket, running shoes, spikes, water).
3. Shorts, t-shirts, sweats, and running shoes are required dress code for practice. No team uniforms will be worn at practice.
4. Bringing your own water is mandatory. We cannot provide water.
5. The hallways/lockers are not open after practice. Please bring all of your books, coats, etc. to practice so you can exit directly from the locker room to the outside door.
6. Have your ride pick you up promptly at the end of practice (see attached schedule) on the south side of the building, near the gym. It is extremely inconvenient for coaches to have to wait for athletes to get picked up.
7. Dress warm and in layers. Springtime in Michigan is interesting.

Meet Requirements:

1. Athletes can leave when they are finished with their events. Remember that you are part of the Track and Field team, if you can stay, you should support your school team.
2. We will meet prior to each **Home Meet** on the track. Bring all of your school and meet materials with you at that time.
3. All athletes not in a hurdle event need to be available to help set up hurdles and pull them off the track.
4. **All** remaining athletes need to help put away the supplies at the conclusion of a meet.
5. **Away Meets** will not have a bus. Athletes should be there 30 minutes before the meet begins for warm up.
6. Most Meets end at 7:00pm, Nutrition and Hydration is important because the Meets can be over 4 hours after school.

Uniforms:

1. The team jersey purchased by each athlete should be worn to each meet. These will be our official uniform.
2. T-shirts (white only) may be worn **under** your uniform.
3. Spikes are not mandatory. If you purchase these they can only be 1/4 of an inch or less.
4. Hard objects (clips, beads, etc.) are not allowed in the hair during meets per MHSAA rules.
5. Hanson's has a 20% off night at the Utica and Lake Orion stores on Thursday, April 18th from 5pm-8pm!

Parent Help:

We need parent volunteers to help out during our home meets. Parents will help time running events and/or help run a field event. Please see attached volunteer sheet to share your ability to help out. **Feel free to email Mr. DeVantier at school with any concerns.*** cdevantier@rcs-k12.us**

Thanks for your help and support,
Chris DeVantier (Head Coach)
Christine Bays (6th Grade Girls)
Jim Cromie (6th Grade Boys)
Bethany Strausbaugh (7th Grade Girls)
Amber Golden (7th Grade Boys)
Paige Flowers (8th Grade Girls)
Sam Castillo (8th Grade Boys)

I have read over the 2024 track season information with my child and am aware of the requirements he/she must attend to.

Parent Signature

Student Athlete Name (print)

Grade Level

*****Return this slip to Coach Strausbaugh in A12 or hand into the Main Office**