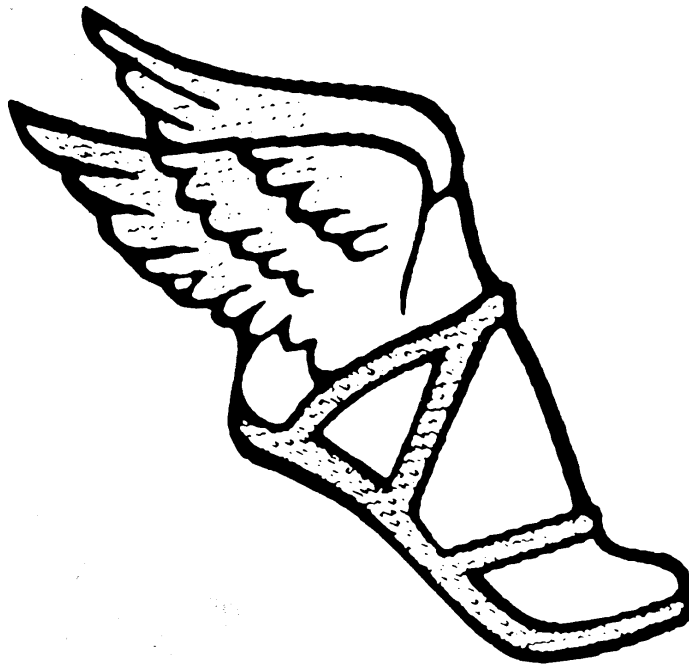


MEAD TRACK & FIELD 2022

**Be part of the biggest thing
at Mead**



Please Return Sheets 3 and 4 only to a Coach by March 15

Try-outs: Track and field practice starts on Monday, March 28th. During that first 4-10 days of practice, we will have try-outs for all grade levels. Due to the number of participants, try-outs are divided into boy days and girl days. Try-outs and practices will go from 2:15 to-4:00. Students will try out for all events. For a student to try-out for the teams, they must have a parent permission form and a physical exam form from a doctor. There will be an optional parent/coaches meeting after practice in room 110 on April 1st. The meeting will start at 4:00 pm.

Permission forms and Physicals must be turned in on or before Tuesday, March 15th.

Who makes the team? As long as a student is academically eligible, demonstrates a good attitude, and attends practices, he/she will make the track team. Though everybody makes the team, not everybody gets to participate in the event of his or her choice. **We will have individual event tryouts. There are a limited number of athletes in each event except for the 800 and 1600-meter runs. If a student does not make their desired event, they will be put in either the 800 or 1600 runs, thus still being on the team. Every athlete will participate in every regular-season meet if they are academically eligible.**

Running events consist of 100, 200, 400, 800 and 1600 meter runs. There are also four relays. **Field events** are the Hurdles, High Jump, Long Jump, Triple Jump, Discus, and Shot Put. Students compete against other students of their age and gender.

Practice: Practices will take place from 2:15-4:00 and will alternate days between the boys and girls. By doing this, the athletes will have more quality time to practice their events instead of waiting in lines. However, distance runners or runners, in general, are asked to come to every practice to improve on their endurance and speed. Practices will be held on

Monday, Tuesday, Thursday, and Friday. On days before a track meet, **all** track and field participants will have to stay for practice. Other times when the weather is too severe to go outside, certain events that can be done inside may have practice. In other words, practices can change from day to day, from week to week.

*If a student has a conflict between track and field and any other activities like baseball, softball, band, etc., the student and the parent need to decide which activity is their priority and must decide on which one to participate in. It is not fair to the athlete, their teammates or the coaches if the student cannot participate in practices and meets due to other commitments. Notifying the coaches as early as possible about other obligations would be appreciated. If an athlete is absent from practice they will need a parent's note. After two unexcused absences, the athlete will no longer be on the team.

2022 Track and Field Schedule – Place on Refrigerator

Monday, March 28	Track starts!
Friday, April 1	Parent Meeting 4:00 in Room 110
Thursday, April 14	Addams @ Mead
Thursday, April 21	Mead @ Frost - Lincoln Prairie
Thursday, May 5	Keller @ Mead - Lincoln Prairie
Tuesday, May 10	Mead @ Eisenhower
Monday, May 16	D54 Conference Tournament (8th Grade Only)
Tuesday, May 17	D54 Conference Tournament (7th Grade Only)

Important, Please Read

- All-Conference Meets start at 3:30 at Eisenhower Junior High School 800 Hassell Rd, Hoffman Estates, IL 60169
- Conference Meet at Eisenhower Junior High @ 3:00 PM
- Most meets last 2-3 hours. We do encourage athletes to stay and be good teammates.
- Meets will be rescheduled due to poor weather.

Head Coaches

Mrs. Tamulis	8 th Grade Girls Attendance	Long and Triple Jump
Mr. Amos	8 th Grade Boys Attendance	High Jump
Ms. Falato	7 th Grade Girls Attendance	Hurdles
Mr. Loudermilk	7 th Grade Boys Attendance	Discus and Shot Put
Mr. Clark		Sprints/Distance