

Name: _____ Grade: _____ M / F (circle)

Fee: \$75

Report to the Locker Room / No Limit; Everyone (6th, 7th, and 8th graders) are invited to participate!



Track & Field practice will be held on Mondays, Tuesday, Thursdays and Fridays from 3:30 until 5:00 p.m. Students may sign up to ride the district sponsored activity bus home by completing the form below and returning it to the main office (**must sign up 24 hours in advance** to ride the bus home). Track meets will be held at local schools in our area. Track is a great sport for students to participate in for physical fitness, to challenge themselves to meet their personal best, and to work together as a team.

Coaches are: Mr. Barrett, Mrs. Engstrom, Mrs. Lynch, Mr. Torgerson, and _____.

In order for a student to participate in Track & Field, student must have on file in the main office:

- 1.) Current Sports Physical (less than 2 years old)
- 2.) Proof of Medical Insurance – complete with group or policy number.
- 3.) Ogden Middle School Athletics/Sports Contract (signed by both parent and student)

All participants will be provided with a track uniform. Students are responsible for returning the items checked out to them (washed) to their coaches at the end of the season. Students not returning ASSIGNED uniforms will be charged a replacement fee.

Cost of replacing a sweatshirt is \$25; cost of replacing sweatpants is \$20; cost of replacing shorts is \$15; cost of replacing a tank is \$20.

Track & Field will begin at 3:30 p.m. and end at 5:00 p.m. A parent must either pick up his/her student on or before 5:00 p.m. or have arranged (with a 24 hour notice) for the student to ride the activity bus home. Students will be placed on activity bus at 5:05pm if ride not present.

___ Yes, I would like my student to ride the activity bus home after Track & Field.

___ No, I will pick my student up **no later than 5:00 p.m.** each day (Monday, Tuesday, Thursday and Friday).

Student Name: _____ Phone: _____

Address: _____ City: _____

Parent's Signature: _____ Date: _____

Phone number parent can be reached from 3:15 – 5:30 p.m.: _____

Parent's Email Address: _____

Office Use Only

Fees Paid:

Transportation Notified:

Physical Exp Date:

Other: _____

GENERAL CONDUCT & BEHAVIOR

Athlete responsibilities: As an athlete you represent your school and your team when you are at your school and when traveling to other buildings. You will often be judged by your actions and conduct both off and on the athletic court. Your conduct should always be such that it brings credit to everyone.

Respect others: This includes opponents, the fans, the referees and the facility you are playing in. Do not let the improper behavior of others dictate yours. Work to uphold the good reputation and sportsmanship characteristic of our school.

Be positive: A positive mental attitude is the most important asset of any successful player/team. Make no statement that would devalue yourself, your teammates, your opponent, or the referee. Have fun while being respectful.

TEAM RULES

Each participant is expected to behave in a manner that is safe, responsible and respectful. Students are to be at practice and ready to go at 3:35 p.m. and must check out with one of their coaches before leaving a practice early and/or when leaving a track meet. Students may not leave a practice or a meet with anyone that is not listed on his/her Student Verification Report.

ABSENCES

In order to participate in an afternoon practice or meet, student must be in school attendance that day.

- Extenuating circumstances may prevail and student may be excused with AD/coaches discretion. (Examples: attending a funeral, medical appt.) Athletes are responsible for notifying his/her coach when absent or emailing their coach if something occurs during the night that would cause athlete to not be at school the next day. If you are not at school, or come late to school due to not feeling well, you may not attend that day's practice or meet/competition. If you are at school and come to the health office because you are not feeling well, you will not be able to participate in that day's practice or meet. It is important that each one is at their best when participating in a sport. This is for the best welfare of the participant and his/her teammates.
- If a student signed up for a sport and later decides not to participate, s/he must let the AD and coaches know asap. The sports fee will not be reimbursed after the second week of practice.
- **Athletes are allowed to miss three practices during the season. Missing more may result in being removed from the team. (Exceptions may be made on an individual basis.) Two tardies will result in one absence. Three unexcused absences will result in being dropped from the team.**

Participant, please initial _____

Parent, please initial _____

ACADEMICS

Students are expected to have a C- or better to participate in track meets.

- Students who have below a C- in one or more classes may practice, but may not be allowed to participate in a meet/tournament. Teachers will be given a list of athletes participating in each sport.

BEHAVIOR

Suspensions

- Being suspended (in school or out of school) prohibits a student from attending practice or participating in a competition on the day(s) of the suspension and may result from being removed from the team.

GOALS

Ogden Middle School has a no cut program. All 6th, 7th, or 8th grade students who want to participate on an Ogden team may do so, as long as above requirements are met.

I have read and understand the above information.

Signature of Parent: _____ Student Signature _____

Practices will begin immediately at 3:35 and end promptly at 5:00 p.m. Students are responsible for either riding the activity bus or parent must be able to pick student up by 5:05 pm.

- Students whose parents are not here by 5:05 p.m. may be dropped from an activity.
- Students riding the activity bus must sign up in the main office at least 24 hours prior to the day of activity.
- Practices or games/meets will be held every Monday, Tuesday, Thursday and Friday.

Practice Clothes: Participants are to report to their designated practice area, dressed 'down' and ready to participate by 3:35 p.m. Practice clothes must be school appropriate. Short shorts, spaghetti straps, and sports bras are not acceptable.

Injuries: Please report any injury to your coach immediately. The school must have record of an injury that occurs during a practice or meet.

Transportation: Bus transportation will be provided to away meets. A bus will bring students back to Ogden's main campus after a meet. The **activity bus** will not be taking students home after meets. Students are responsible for their own transportation home when they return to Ogden's main campus.

Uniforms: Team uniforms are provided for each track participant. After the season concludes, uniforms must be returned, clean and in the same condition as when it was checked out to the student. Each student is responsible for the uniform checked out to them. **If the uniform checked out to the individual student is lost or damaged, a replacement fee will be charged.**

There is a \$75 athletic fee per sport that must be paid to the office for student to participate. If your student receives free or reduced priced meals, please see Mrs. Austin as your fee may be reduced. Half of the athletic fee is due at time of registration. The remainder of the athletic fee must be paid before the first competition/meet or student will not be able to participate.

Parent/Guardian Permission

I hereby give my consent for _____ to compete for Oregon City School District in interscholastic sports and travel with the team and coach(es) to competitions. Recognizing that as a result of such participation, medical treatment on an emergency basis may be necessary. I understand that school personnel may be unable to contact me for my consent for emergency medical care, therefore I do hereby consent in advance to such emergency care including first aid treatment, transportation to a medical facility, and hospital care as may be deemed necessary under the circumstances.

Allergies & Special Health Concerns: _____ Hospital Preference: _____

Parent/Guardian Signature: _____ Date: _____

Insurance Agreement

In order to assure financial protection should an accident/injury occur, it is necessary for your son/daughter to have medical and hospital insurance. If you have your own policy, please consult with your insurance company to determine exact coverage before indicating that your child has necessary protection. For those who do not have insurance that covers interscholastic sports, you can purchase self-paid student insurance for the current school year through Myers-Stevens & Toohey & Co., Inc. (forms are available in the main office).

Please complete the statement that applies to your student:

___ My son/daughter has adequate personal or family insurance with _____

The policy/plan # is _____ Parent/Guardian Initial: _____

___ My son/daughter does not have private insurance.

Therefore, I will apply for the self-paid insurance through Myers-Stevens & Toohey & Co., Inc. (Forms are available in the main office.) Please allow two weeks for processing, unless the form is faxed to Myers-Stevens & Toohey & Co., Inc., complete with parent signature and charge card information.

Parent Signature: _____ Date: _____

Ogden will be hosting two track meets.

- In order for meets to be successful, parent volunteers are greatly needed.
- Time of commitment would be from 4:00 – 7:30 p.m.
- Ogden home track meets are scheduled for the following dates: **May 4th and May 9th, 2017**

Please check the area(s) below that you can volunteer to help.

___ Shot Put (2 helpers are needed per meet)

___ Discus (2 helpers are needed per meet)

___ Long Jump (4 parents are needed per meet)

___ High Jump (3 parents are needed per meet)

___ On Call (2 parents are requested per meet)

Please print your name _____

Student's name: _____ Grade: _____

Phone number: _____ Email address: _____