



INFORMATIONAL PACKET 2011/2012

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2011/2012
OQMS Track and Field Information

PRACTICE & MEET SCHEDULE (Copies of each are posted online)

- ✓ Practices are held after school daily 2:30 p.m. - 4:00 p.m. All practices start in the small gym at Old Quarry for attendance. We will use the Lemont Park District and Old Quarry grounds as our practice area.
- ✓ If you are picking up your child from practice please pick them up at 4 p.m. on the East side of the building, right outside the main gymnasium doors.
- ✓ The track season consists of five home meets, one regular season away meet, the Lisle Little Cat Invitational, Conference, Sectionals and State.
- ✓ **Away meets are by invite only. More information will be provided about the special meets at a later date.**
- ✓ Please be prepared for all weather conditions. Dress appropriately for both practice and meets.
- ✓ Practice will not be held on the days of meets. Those not attending a meet should go home after school.
- ✓ **All home meets are held at Lemont High School and will start at approximately 4:15 p.m.**

ROSTER SPOTS

- ✓ Several things will be considered when athletes are chosen for away meets. Those include but are not limited to ability, attendance, attitude, and behavior.
- ✓ We will post a list of those going to each away meet at least one day before the meet date. Lists will be posted outside the gym locker rooms and the cafe.
- ✓ If you have been invited to an away meet and cannot attend, please notify one of the coaches immediately so that we can find a replacement in time for the meet.
- ✓ Athletes are expected to be picked up in a timely fashion. For our home meets you can expect them to finish around approximately 6:30 p.m. **Your child will need to be picked up at Lemont High School.**
- ✓ While we encourage parent help and communication, we do ask that parents avoid attending practices. Please feel free to volunteer to help us at our home meets.

PRACTICE CONFLICTS

- ✓ Each track athlete is expected to be at practice daily, unless absent from school or excused by their assigned coach. Three unexcused absences will result in removal from the team.
- ✓ All conflicts must be communicated to a coach prior to the day of practice/meet in which your child will be absent via a note, e-mail or phone call. **Give the note to the coach that takes your attendance.**
- ✓ Any major problems should be directed to the appropriate coach immediately.

ELIGIBILITY

- ✓ All track athletes please make sure to check with the school nurse to see that you have a current physical on file prior to the first day of practice. If you do not have one on file you will be unable to practice until you do so. **A copy is posted online.**
- ✓ Students are required to remain eligible throughout their season. If your grades or behavior are unsatisfactory, both you and your parent/guardian will be notified.
- ✓ See **Keys to Warrior Success. A copy is posted online.**