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# Glen Crest Middle School Track & Field 2023



## Track Coaches

Michelle Bolker, Kris Casey, Kyle Falson, Daniel Sheridan, Mark Odell



This information can also be found on the Track & Field website:  
[Athletics at Glen Crest / Track and Field](#)

# MANDATORY:

## TRACK INFORMATIONAL MEETING & Google Classroom Sign Up

When: MONDAY, March 20th, 2023  
2:40 - 3:25 pm

Where: Spartan Hall

What:

- Sign into Google Classroom and learn about items needed to participate in Track and Field
- Meet the coaches and ask questions
- No running gear needed

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**\*\*IMPORTANT\*\***

If students cannot attend the meeting a parent/guardian **MUST** contact Coach Bolker **BEFORE** the meeting to excuse attendance otherwise you will be unable to be a member of the team this year.

Coach Bolker  
[mbolker@ccsd89.org](mailto:mbolker@ccsd89.org)

# Track & Field 2023 Season Overview

Inside this packet, you will find the following information:

1. The Rules and Guidelines
2. A checklist of items you will need to complete to partake in Track and Field
3. Concussion Form

**\*\*Please read the information in this packet!\*\***

All forms are due on  
Friday March 24th, 2022.

## Rules and Guidelines

Thank you for your interest in the Glen Crest Track and Field Team! Interscholastic athletics are not an intramural program. The amount of participation is not guaranteed to any player and will be left to the discretion of the coaching staff. We will do our best to get as many athletes as possible into as many meets as we can.

### 1. Participation

- March 20th, 2023 marks our first MANDATORY no-dress practice and informational meeting. All athletes must attend this meeting from 2:40-3:25pm in Spartan Hall. If an athlete cannot attend, a parent/guardian MUST contact Coach Bolker BEFORE the meeting to excuse attendance.
- Team members are required to pay a standard athletic department \$45 user's fee. DO NOT SEND MONEY WITH YOUR STUDENT TO THE MEETING. If you did not pay the athletic user fee at the time of registration, you will receive an email after the March 22nd meeting with the due date for the \$45 fee. THIS GOES DIRECTLY TO THE FRONT OFFICE.
- Track participants must have a valid physical on file in order to participate in any team activities. Physicals are considered current for 13 months from the date of the physical. Because the track season will last until approximately May 1
- 20th, 2023, the date of the physical must be no earlier than April 15, 2023.

- During home meets, students who are not participating in any other running event will be required to compete in either the 1600m (mile) or 800m run (1/2 mile) if not selected to compete in any other events. Students who choose not to do so will be considered unexcused for the week prior to the conference meet; he/she may be removed from the conference roster.
- We understand that athletes have other obligations outside of Glen Crest and Track and Field. If your child can only participate from 2:40-3:25pm each day we will support this decision. However, due to practice plans and time constraints, those athletes leaving practices at 3:25pm will only be eligible to participate in a running event. All athletes will participate in the running portion of practice from 2:40-3:25pm; field event athletes will remain at practice until 4pm.
- If you are medically excused from PE class or do not participate in PE class on the day of a practice or a meet due to not being prepared (i.e. No gym shoes), you will be ineligible to participate in track and field that day.
- If you miss more than half a day of school due to illness, you will not be permitted to participate in a meet or practice. If you leave school because you are sick on the day of practice or a meet, notify one of the coaches before you leave school.
- Each athlete is allowed two excused absences and two unexcused absences. Please notify your coach *immediately* of any personal scheduling conflicts. If more absences than those allotted are recorded, this will result in dismissal from the team.
  - Excused absences from practice/meets include:
    - Absence from school due to illness (not limited to one absence)
    - Medical excuse from PE
    - Religious obligations (holidays, funerals, etc.)
    - Appointments that cannot be arranged at any other time
    - Meetings with teachers (must give a pass from the teacher to a track coach)
  - Unexcused absences from practice/meets include:
    - Leaving practice early without prior approval by coach
    - Missing practice/meet due to detention, in-school or out of school suspension
    - Repeated tardiness to practice
    - Any other absence that is not considered excused
- Bring all necessary equipment including, but not limited to: gym shoes, water bottle, athletic shorts/pants/shirts, and medical equipment (inhalers, epi-pens, athletic bandages, etc.). The weather will be cold for most of our season- please be prepared with sweatshirts and sweatpants.

### 3. Meets

- All eligible athletes will attend all home meets, but a limited number of students will be selected to attend away meets and special events. Factors that may affect this decision include:
  1. Attendance and performance in practice
  2. Academic performance
  3. Behavior in practices, meets, and classroom
  4. Achievement of qualifying times and distances
- A note signed by a parent/guardian is required by law if a student will be riding home with another adult or if a student will be walking home from GBS. Parent cell phone conversations and/or emails with a coach are not sufficient replacements for a note.
- Each athlete must be signed out by a parent/guardian before leaving a meet.
- Athletes can only leave a meet once they have completed ALL of their assigned events.
- Ineligible athletes (academically or behaviorally) will not be allowed to attend home or away meets as athletes or spectators
- Home Meets
  - Any students who will not be competing in a specific event at a home meet, will be running in either the 800m (1/2 mile) or 1600m (mile) races.
- Away Meets
  - Only athletes placed in specific events will be attending away meets. All other athletes will return home after school hours.
- Conference Meets
  - According to the conference rule, a **maximum** of 4 boys and 4 girls from 7<sup>th</sup> grade and 4 boys and 4 girls from 8<sup>th</sup> grade will compete in each event. This number will vary based on the number of teams competing at each meet.

### 4. Transportation

- Practices
  - Parents are expected to pick up track athletes within 15 minutes of the end of practice.
  - Refer to the calendar for exact practice times. Check the school announcements for any schedule changes.

- Home Meets

- All Home Meets will be held at Glenbard South High School. The buses will take the students to GBS, but parents will pick them up from GBS to bring them home. There is NO BUS that returns students to school after home meets.
- A note signed by a parent/guardian is required **by law** if a student will be riding home with another adult or if a student will be walking home from GBS. Parent cell phone conversations and/or emails with the coach are not sufficient replacements for a note.
- Parents are expected to pick up track athletes within **15 minutes** of the end of a meet.

- Away Meets

- Transportation will be provided to and from away meets. Parents can pick up their athlete directly from the meet or when we return to Glen Crest.
- A note signed by a parent/guardian is required **by law** if a student will be riding home with another adult. Parent cell phone conversations and/or emails with the coach are not sufficient replacements for a note.
- Parents are expected to pick up track athletes within **15 minutes** of the end of a meet.

## 5. Attire

- For practices, each athlete can wear any school appropriate athletic wear. Running shoes are required to prevent injury.
- For meets, team members must wear their Glen Crest PE uniform shorts and PE shirt with last name written on both. Sixth graders can wear blue Glen crest gear or blue apparel.

## 6. Athletic Eligibility

- A student athlete is considered academically ineligible if the student is earning at least one F or two Ds in their classes.
- Several times throughout the season, all teachers are required to submit a notice about any behaviors that are not satisfactory and academic grades that are below a C-.
- Disciplinary actions that result from academic or behavior grades that are not satisfactory may include, but are not limited to the following: probation, suspension from practices or meets, or removal from the team.

## 7. Behavioral Expectations

- During the school day, student athletes are expected to adhere to the behavioral expectations of individual classroom teachers and to school-wide policies.
- During practices/meets, students are expected to adhere to the instructions/expectations of coaches, workers, etc. from Glen Crest or any other

school.

- Students may be dismissed from a meet or the team if their conduct does not meet the expectations set forth in the Glen Crest Code of Conduct.

## Order of Events at Meets

### RUNNING EVENTS

110 LOW HURDLES  
400 METER DASH  
100 METER DASH  
800 (1/2 MILE) METER RUN  
200 METER DASH  
400 (4 x 100) METER RELAY  
1600 (MILE) METER RUN  
800 (4 x 200) METER RELAY  
1600 (4 x 400) METER RELAY

### FIELD EVENTS\*

(Start 15 minutes before running events):

LONG JUMP  
HIGH JUMP  
DISCUS  
TRIPLE JUMP  
SHOT PUT

\*Field event order may vary by school. At Glen Crest, we choose to run the field events cafeteria style, which means that students must report to their event and complete their trials during their scheduled time, which usually ends by 6pm.

**\*6th graders:** We try our best to get you in meets. The events you will most likely partake in are the 1600M (MILE), 800M, or a relay...**IF NEEDED!** Field events and most running events are saved for 7th and 8th graders.



# Directions to Away Meets

## Glenbard East- 1014 S. Main Street, Lombard.

Take Roosevelt east to Main Street. Take a left on Main Street. Turn left at Wilson (stop light). The parking lot is off Wilson.

## Glenbard West- 670 Crescent Blvd, Glen Ellyn.

Take Park Blvd north. Turn right onto Crescent Blvd. The school is on the left.

## Glenbard North- 990 Kuhn Road, Carol Stream.

Take Roosevelt west to County Farm Road. Go north to the second stoplight (Lies). Turn right on Lies and go 2 ½ blocks. The school is on your right.

OR

Take 53 north to North Avenue. Turn left on North Avenue, then right on Kuhn Avenue. Go left on Lies Road (stoplight). School is a few blocks down.

## Downers Grove South High School- 1436 Norfolk St, Downers Grove.

Take 53 south to Warrenville Road. Turn left onto Warrenville Road. Take Warrenville Road until it dead ends at Belmont Road/Finley Road. Turn right onto Belmont Road. Take Belmont Road until it dead ends at 63rd Street. Turn left onto 63rd Street. Turn right onto Springside Ave, and then left onto Norfolk Street. The school is on your left.

## Benedictine University- 5700 College Rd. Lisle.

Take Sheehan Ave. East. Take 1<sup>st</sup> right on IL-53 S. Take US-34W ramp. Turn slight right onto US-34/Ogden Ave. Turn left onto Yackley Ave. Yackley Ave. becomes College Rd. The school is just past Maple Ave on the right side.

# Track & Field Turn-in Page

The following materials need to be turned in by  
Friday, March 24, 2023.

**\*\*Use this page as a checklist as you prepare your materials.\*\***

\_\_\_\_Current Physical

\_\_\_\_Track and Field Agreement Google Form (on Google Classroom)

\_\_\_\_Concussion Form

All athletes will be required to pay a \$45 Athletic Fee.  
The fee can be turned in directly to the main office.  
This fee will be collected by Friday March 24, 2023.

# Track & Field

## Student Agreement

*The information below is merely a summary of the preceding document. By signing the Student Agreement/Parent Consent Form I am indicating that I have read the Track and Field Packet in its entirety and agree to all information presented.*

### Parent Consent:

*I hereby give consent for my son/daughter to participate in Track and Field. In signing this form, I agree to the following:*

- My child will attend the March 22nd, 2022 mandatory information session from 2:40-3:25pm to submit all required documents.
- My child will ride the bus to all home meets as well as to and from all away meets unless I sign out my student or the coach receives written permission for another adult to transport my child.
- I understand that my child is expected to attend all home meets and practices if he/she is in school. We will have meets and practices every school day rain or shine unless announced at the end of the day. This includes participating in all events for which he/she is scheduled and the 800m or the 1600m if he/she is not scheduled for any other events and leaving the meet only after I sign them out.
- I understand that my child will not be invited to attend meets if they do not abide by academic and behavioral expectations set forth by Glen Crest Middle School and as noted in this document.
- I will provide transportation for my child within 15 minutes of the conclusion of meets and practices. If I do not pick up my child at that time, I will not hold the coach and/or school responsible for their supervision.
- I will review the athletic behavior and academic eligibility code with my child.
- I will review all materials provided by the coach with my child.

### Student Agreement:

*In signing this form I agree to the following:*

- I will attend the March 25th, 2022 *mandatory* information session from 2:40-3:25pm to submit all required documents.
- I will follow all the rules of the Glen Crest Code of Conduct and the Track and Field Team at all times.
- I understand that we will have practices or meets every day rain or shine.
- I understand that if I have more than two unexcused absences and/or more than two excused absences, I will be removed from the track and field team.
- I will fulfill my obligations at the track and field events. This includes participating in all events for which I am scheduled in a track meet and the 800m or the 1600m if I am not scheduled for any other events and always having my parent/guardian sign me out before leaving.
- I have read the student agreement/parent consent form for the 2022 Track and Field season and agree to follow the guidelines as stated.

I have read the Track and Field Packet and the Student Agreement/Parent Consent form in their entirety and agree to all guidelines stated within. I additionally give permission for my child to be on the 2022 Track and Field Team