



RRMS  
Spring  
Track

# Middle School Sports!

- FCPS' 1st season of Spring Track
- Open to all RRMS students, regardless of skill level.  
No tryouts.

- Athletic Coordinator: Ms. Speir (Room 224)

- Coaches:

Mrs. Magwire (Room 328), Mrs. Kroes (310),

Mr. Reed (Gym)

- Events:

100, 200, 400, 800, 1600, Shot put, and long jump

# How do I get involved?!

- If you participated in fall cross country, you just need to complete the interest form to let us know that you want to participate in track. You do not need to complete the registration or physical.
- If you did not participate in cross country:
  - All participants must complete this interest form.
  - All participants must complete and return the physical forms.
  - All participants must complete a registration form.
- **DEADLINE IS FRIDAY, 3/22.** No participants will be added after that date.

# Practices

- **Mondays & Wednesdays during 1st session (2:30 - 3:15 pm), starting on 4/3.**
  - Week of 4/1: practices on Wednesday and Thursday
  - Week of 4/8: practices on Monday and Thursday
- **Coaches will lead students through conditioning to prepare students for the meets**
- **Students must attend 2 practices per week to compete**
  - **If you must miss a practice, you need to notify the coaches in advance (by email or in person). If you have an absence from practice, you will not be allowed to race that Saturday.**
  - **Safety is most important!**
- **Students must wear sneakers & comfortable clothes to practice - keep your sneakers in your locker. The main office cannot accept drop-offs.**
- **Students must actively participate in practices, be on time and ready to start by 2:30, and be in good standing (academic and behavior) to participate in meets.**
- **Spring Theatre students - you will most likely not be able to start until the week of 4/15 due to your performance. That is fine! You will just begin practicing and be eligible for meets after that point.**

# Meets

- **Will be held on Saturdays at FCPS high schools.**
  - **4/13, 4/20, 4/27, 5/4, 5/11**
  - **We will only run in 4 of those meets - our dates have not yet been set**
  - **If you have to miss a meet because of prior plans, just let the coaches know in advance.**
- **Meet locations and times are TBD , but plan for 6:30 am - 1:30 pm**
- **Students must ride the bus from Rocky Run to the meet and back to Rocky Run**
- **Parent drop-off and pick-up at Rocky Run**
- **School jersey and race bibs will be provided**



