

Interest Meeting Packet - Robinson MS Outdoor Track 2026

Welcome! We are excited to begin our next season of middle school outdoor track with you all. Please see below for key information regarding paperwork, practice/meet scheduling, and a brief season overview. GO RAMS!

Student Athlete Communication

Please be sure your student joins our Robinson **Schoology** MS Track group for important updates on meets and practices.

Access Code: NKQ6-5ZGX-PH2DW

Forms Required:

1. [FCPS Registration Form](#) **Also has all additional forms linked to this form*
2. [Physical Form](#)
3. [Emergency Care Form](#)

**If your student participated in Fall XC 2025 they DO NOT need to turn in a new Physical/EC Form. Additional form questions? Please email Ms Molle - cemolle@fcps.edu.*

Paperwork Turn-In

Bring ALL required forms to the SS8 Office (Ms. Molle) by Friday, March 27th
(Spring break is Monday, March 30 - Friday, April 3).

Spirit Wear (Optional Purchase)

Robinson MS Track optional spirit wear will be available for purchase for both students AND parents/guardians. **We will post the online store link in our Robo MS Track Schoology page as well as email this link out to parents the week of the interest meeting. Please note due to our team size, spirit wear takes 17 business days to be delivered to your home once the online store deadline closes.** Due to this, we will have two deadlines (one before the season starts, and one at the end of the first week of practice) to ensure all student-athletes have the opportunity to order if they prefer.

Practice Schedule Overview

Practice this season will generally be every MONDAY and WEDNESDAY from 3:00-4:30 PM. There will be a few occasions where we may have practice on THURSDAYS for field event athletes only OR if a practice is cancelled that week due to a student holiday. Please see the calendar at the conclusion of this packet for the full practice/meet schedule.

After the bell rings at 2:45, students are expected to change into their running clothes, get a snack/fill up their water bottles, **and sign in using the QR Code or Sign In Link by 2:55 PM.** **We will meet in the Main Hallway by the MS locker bays and start practice promptly at 3:00 PM to walk outside to either the track/fields.**

Time-Trials

Time-Trials will occur during our 1st week of practice on Wednesday, April 8th & Thursday, April 9th. All athletes are expected to attend both days to establish training groups. All athletes are expected and highly encouraged to attend both days, as they should every week. *If you cannot make one of the time-trial days, please email Coach Kavanaugh (kfkavanaugh@fcps.edu).*

Sprint vs. Distance Training Groups

Sprint Group - competition events: 100m, 200m, 400m + 4x400 Relay

Distance group - competition events: 800m and 1600m (occasionally the 400 or 4x4)

Field Events (optional) - Long Jump and the Shot Put. These additional events are optional and students will volunteer to participate. They must attend at least one field event practice before competing in a meet.

Student-Athlete Requirements to Compete:

To be eligible to compete in a meet, students must attend **at least 3 practices** similar to XC. Athletes are expected to attend **every** practice.

Meet Schedule & General Information:

Meet #1 - Saturday 04/25 @ Herndon HS

Meet #2 - Saturday 05/02 @ West Springfield HS

Meet #3 - Saturday 05/09 @ West Potomac HS

Meet #4 - Saturday 05/16 @ Hayfield HS

No meet the weekend of 05/23 - practice only this week

****Championship Meet (limited entries) - Saturday 05/30 @ Robinson SS**

**Meets last from 8:00 AM-3:00 PM, but may end early approximately 1 PM*

***If eligible, students are expected to compete in 2 individual running events per meet, with the option of an additional field event. Some athletes will be asked to run in the 4x400 relay (last event).** Participation in the 4x400 relay event will be determined by coaches.

FCPS MS Championship Meet Info

FCPS will hold a championship meet again (all 26 schools) at the end of the regular season on Saturday 05/30 at Robinson. Athletes will qualify for this and more information will be given out as the season progresses. Please save this date on your calendar in case your student qualifies for this amazing opportunity!

We, as coaches, want to stress the importance of the regular season, not the Championship Meet, as we embody the team atmosphere and the importance of ALL athletes' improvement as a middle school sports team. However, we are excited to be able to compete against other teams and represent our school and community! **Please note that even if your athlete does not qualify, we hope that ALL athletes attend to cheer on their teammates! Parents, we will also need additional volunteers for this meet. GO RAMS!**

Meet & Competition Expectations

Please have your students stay for the duration of the meet if possible. Not only is it important for team unity and to cheer for teammates, but we also may need runners for the 4x400 relay. Watching/cheering for the 4x400 Relay at the end of the meet is also a tradition many student-athletes enjoy.

Students should bring sufficient water/Gatorade as well as appropriate light snacks (fruit, crackers, PB sandwich, light protein bar, etc) to last from the period of 8AM-3PM (but meets estimated to end around 1 PM). Concession stands may be available for your child, but not always.

In addition, when arriving to meets, please have your student wear layers (Blue/Gold/Robinson gear only) including sweatshirt and pants for warmups. Although the meets will get warm in the afternoon, it will be chilly in the morning at 7 AM and it is essential for warmups to stay warm.

Bus Transportation

Students are highly encouraged to ride the team buses TO meets with their teammates for team unity and so they can complete the full team warmup. Bus departure times from Robinson will be emailed out before meets. Parents can drive their students home from meets if preferred.

Parent Volunteers for Meets

At each meet we will need **approximately 4-5 parent volunteers** to help supervise the team/remind athletes to leave for their events/collect bibs or be an event volunteer assisting with a job such as long jump, starter, clerk, etc. **We will send out a Sign Up Genius once we receive additional communication on how many volunteers we need to supply for each meet. Please try to volunteer for at least one meet during the season.**

Training/Competition Equipment

- **SHOES:** Students should wear proper running shoes to practice every day to train in and/or race. As an optional purchase, students can purchase optional Racing Spikes (lighter-weight racing shoes) for track meets. You can purchase both training shoes and optional racing spikes at =PR= Run & Walk. Please tell the employees that your student is on the MS Robinson Track team for a 10% Youth Discount.

- **ROBINSON MS Track SPIKE NIGHT at =PR= Run & Walk (Mid-April):** Knowledge shared with student-athletes on the types of shoes right for them based on how they run, snacks/giveaways, & discounts on training shoes, racing/competition spikes if interested, apparel, & gear). *Will be a weeknight at 7 PM at a local =PR= Run & Walk store. Date TBA.* <https://potomacriverrunning.com/>

=PR= Vienna Store: 111 Maple Ave. W. Vienna, VA 22180

*slightly larger/newer store, located just past Oakton area

=PR= Burke Store: 5715 Burke Centre Pkwy, Burke, VA 22015

- CLOTHING: Students should wear moisture-wicking clothes for running.
- WATER BOTTLE: Students should bring a large 32 oz water bottle to practice if possible.
- WATCH: Students are encouraged to wear a digital watch that can track their time to practice.
- COMPETITION SINGLET: All students will be given a racing singlet/jersey to compete in for meets to use for the season (no cost). Students will return the singlet at the end of the season. **We will pass these out the week of the first meet (week of Monday 04/20 & Wednesday 04/22) to eligible athletes.**

Staff Contact Information

Head Coach: Coach Kavanaugh (kfkavanaugh@fcps.edu)

Assistant Coach: Coach Lopez

Assistant Coach: Coach Portare

Assistant Coach: Coach Sprague

MS Athletics Specialist: Ms. Molle (cemolle@fcps.edu)

*If you have any questions regarding the season, training, practices, or meets,
please contact Coach Kavanaugh

*If you have questions related to paperwork, eligibility, etc., **please contact MS Athletics Specialist Courtney Molle.**

Robinson Middle School Outdoor Track 2026 Schedule

Week	<u>Weekly Practice (3:00-4:45 PM)</u>	<u>Saturday Meet (begins at 8:00 AM)</u>
Week 1	<ul style="list-style-type: none"> ● Wednesday 04/08 - Timetrials ● Thursday 04/09 - Timetrials 	N/A
Week 2	<ul style="list-style-type: none"> ● Monday 04/13 ● Wednesday 04/15 	N/A
Week 3	<ul style="list-style-type: none"> ● Monday 04/20 ● Wednesday 04/22 	<p style="text-align: center;">Meet #1 - Saturday 04/25 @ Herndon HS 700 Bennett St, Herndon, VA 20170</p>
Week 4	<ul style="list-style-type: none"> ● Monday 04/27 ● Wednesday 04/29 	<p style="text-align: center;">Meet #2 - Saturday 05/02 @ West Springfield HS 6100 Rolling Rd, West Springfield, VA 22152</p>
Week 5	<ul style="list-style-type: none"> ● Monday 05/04 ● Wednesday 05/06 	<p style="text-align: center;">Meet #3 - Saturday 05/09 @ West Potomac HS 6500 Quander Rd, Alexandria, VA 22307</p>
Week 6	<ul style="list-style-type: none"> ● Monday 05/11 ● Wednesday 05/13 <p style="text-align: center;">+ Thursday 05/14 - field events only</p>	<p style="text-align: center;">Meet #4 - Saturday 05/16 @ Hayfield HS 7630 Telegraph Rd, Alexandria, VA 22315</p> <p style="text-align: center;"><i>*Last regular season meet</i></p>
Week 7	<p style="text-align: center;"><i>*Championship athletes only for weeks 7-8</i></p> <ul style="list-style-type: none"> ● Monday 05/18 ● Wednesday 05/20 <p style="text-align: center;">+ Thursday 05/21 - field events only</p>	No Meet
Week 8	<p style="text-align: center;">*Student Holidays - no practice Monday 05/25 or Wednesday 05/27 (Athletes - please complete workouts posted in Schoology on your own)</p> <ul style="list-style-type: none"> ● Thursday 05/28 	<p style="text-align: center;"><u>FCPS Championship Meet -</u> <u>Saturday 05/30 @ Robinson</u></p> <p style="text-align: center;"><i>(limited entries - all invited to attend to cheer/support!)</i></p>

***Athletes should always check the Schoology MS Robo Track group for updates.**