



**Have your completed  
physical packet?**

**Bring it to Mrs. Campbell  
or drop it off in the  
main office.**

**RRMS  
TRACK  
&  
FIELD**

# **MIDDLE SCHOOL SPORTS**

- **FCPS' 3rd season**
- **Open to all RRMS students, regardless of skill level**
- **No tryouts**
- **Athletic Coordinator: Ms. Speir (Rm 224)**
- **Coaches: Mr. Reed (PE), Ms. Hubbard (RRMS parent)**

# HOW DO I JOIN THE TEAM?!

- All participants must complete and return the following:
  - After-School Consent Form
  - Track & Field Registration Form
  - Sports Physical Packet
- Forms must be complete and submitted to begin practicing.
  - To begin on 4/8, the form deadline is 3/26 at 3 PM - NO EXCEPTIONS!
  - Registration closes on 5/5; however, you cannot practice or compete until this is done.
- Students must attend **at least 3** practices prior to their 1st meet.
  - If you turn in your forms late, you cannot participate in a meet until you complete 3 practice sessions.

# PRACTICES



- **Mondays & Wednesdays during 1st session (2:30 - 3:30 pm)**
  - **Note: practice extends a little longer than our other session 1 clubs**
- **1st Practice is on 4/8- you cannot attend if all forms haven't been submitted.**
- **Coaches will lead students through conditioning to prepare students for the meets**
- **Students must attend **3 practices** before their first meet and then 2 per week to compete each week.**
  - **If you must miss a practice, you need to notify the coaches in advance (by email or in person). If you have unexcused absence(s), you will not be allowed to race that Saturday.**
  - **Safety is most important!**

# **TRACK & FIELD EVENTS**

- **100M: SPRINTING EVENT**
- **200M: SPRINTING EVENT**
- **400M: SPRINTING EVENT**
- **800M: DISTANCE EVENT**
- **1600M: DISTANCE EVENT**
- **4 X 400M RELAY**
- **SHOT PUT**
- **LONG JUMP- TENTATIVE**

# **HOW TO BE PREPARED FOR PRACTICES -**

- **Students must wear sneakers & comfortable clothes to practice - keep your sneakers in your locker. The main office cannot accept drop-offs.**
- **Fill up your water bottle before 2:30. No Water = No Practice**
- **If you have an inhaler and the paperwork is in the school health room for you to carry it, make sure it is with you!**
  - **You are not allowed to participate in practice if you do not have your inhaler on you.**
- **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.**
- **You will be provided with an RRMS jersey for the meets - but you will need to provide your own running shorts, undergarments, shoes.**

# **OTHER CLUB COMMITMENTS**

- **There are a lot of club options after-school. We try to avoid scheduling conflicts; however, it's not always possible as we only have so many days/sessions during a week.**
- **Most clubs are open enrollment with flexible attendance, but some do have attendance requirements. You *\*may\** have to make decisions about which clubs you are choosing to attend.**

# MEETS

- **Will be held on Saturday mornings**
  - **4/25, 5/2, 5/9, 5/16, 5/30 (Championship)**
  - **If you have to miss a meet because of prior plans, just let the coaches know in advance.**
- **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**
- **Uniform (jersey) will be provided**



# SCHEDULE

Date	Time	Event
Wednesday, April 8	2:30 - 3:30 PM	Practice
Thursday, April 9	2:30 - 3:30 PM	Practice
Monday, April 13	2:30 - 3:30 PM	Practice
Wednesday, April 15	2:30 - 3:30 PM	Practice
Monday, April 20	2:30 - 3:30 PM	Practice
Wednesday, April 22	2:30 - 3:30 PM	Practice
Saturday, April 25	6:30 AM - 2 PM	Meet at Herndon HS
Monday, April 27	2:30 - 3:30 PM	Practice
Wednesday, April 29	2:30 - 3:30 PM	Practice
Saturday, May 2	6:30 AM - 2 PM	Meet at Jefferson HS
Monday, May 4	2:30 - 3:30 PM	Practice
Wednesday, May 6	2:30 - 3:30 PM	Practice
Saturday, May 9	6:30 AM - 2 PM	Meet at Marshall HS
Monday, May 11	2:30 - 3:30 PM	Practice
Wednesday, May 13	2:30 - 3:30 PM	Practice
Saturday, May 16	6:30 AM - 2 PM	Meet at Oakton HS
Monday, May 18	2:30 - 3:30 PM	Practice (championship meet runners only)
Wednesday, May 20	2:30 - 3:30 PM	Practice (championship meet runners only)
Thursday, May 28	2:30 - 3:30 PM	Practice (championship meet runners only)
Saturday, May 30	6:30 AM - 2 PM	Championship Meet at Robinson Secondary

# **VOLUNTEER REQUIREMENTS FOR PARENTS/GUARDIANS**

- These meets are not possible without volunteers - this is standard for this sport and will continue as so when your student enters high school.
- Volunteer Requirements - coming soon!
- Volunteer Sign-Up - coming soon!
- Requested donations -
  - Snack items - can be dropped off in the main office
  - tarp
  - games/cards (things that can be easily transported that students can use during their down time)

