

KAHLER BOYS' TRACK AND FIELD

- FIRST BOYS TRACK PRACTICE IS MONDAY, MARCH 12. WE MEET IN MAIN GYM. EXPECT TO GO OUTSIDE FOR WORKOUT. PLEASE BRING WORKOUT CLOTHING (shorts, shirt, running shoes, and sweats). HAVE RIDES PICK YOU UP NO LATER THAN 5:05PM.
- YOU NEED A PHYSICAL. IF YOU DON'T HAVE ONE, GET ONE ASAP. DOWNLOAD FORM AT <http://kahler.lcsc.us/athletics/>
- PLEASE SIGN UP WITH www.familyid.com. A LINK IS PROVIDED AT <http://kahler.lcsc.us/athletics/>
- ALREADY DONE A KAHLER SPORT?? THEN GET A WHITE CARD NOW!!!! SEE MR. . GRAY.
- FEE--??? **This year's track fee is being adjusted & has NOT been set as of 3/6.** Last year it was around \$100.00 for first sport and \$40.00 for second. **AGAIN, FEE HAS NOT BE SET. ONCE IT IS, INFORMATION COMING.**
- UNIFORMS-- Must order online BEFORE Spring Break.
- SPRING FOOTBALL?? Sorry, you can't do SPRING football & track

MARCH 2018

Monday	Tuesday	Wednesday	Thursday	Friday
12 Practice until 5:00PM	13 Practice until 5:00PM	14 Practice until 5:00PM	15 Practice until 5:00PM	16 Practice until 5:00PM
19 Practice until 5:00PM	20 Practice until 5:00PM	21 Practice until 5:00PM	22 Practice until 5:00PM	23 No practice

SPRING BREAK
We return to school on April 3.
Practices resume then.

Order Uniforms by March 23!
website up soon!

Kahler Boys' T&F RULES

- Must have a physical done this school year & it must be on our form. GET WHITE CARD FROM MR. GRAY ASAP AND
- GIVE TO MR. LANGLOIS BEFORE first practice.
- Must have acceptable grades & conduct. You may not have more than one "F". Grades are checked every three weeks.
- Top 2 per event are "A" squad. Only allowed to do 3 events per meet.
- Automatic "A" if able to do two of these: 400 in 66.5; 800 in 2:43; 1600 in 5:55; Discus in 100'; Shot put in 35' 6"; and/or long jump 16' 6."
- Events: long jump, high jump, shot put, discus, 110M hurdles, 100M, 200M, 400M, 800M, 1600M, 400 Relay, 1600 Relay, 3200 Relay.
- Scoring goes 5 points, 3 points, 1 point per individual events. 5 points for winning a relay. 105 points in a meet.
- We practice Monday through Friday until 5:00. Must be changed & ready to practice by 3:55. If you are at school, you should go to practice. Please have your ride pick you up no later than 5:15. Once season is up and going, we often take Fridays off. Don't miss practice. Two unexcused absences and you may be cut.
- Must bring practice clothing every day. Please have a pair of sweats, pair of gloves, running shoes, and hat. Yes, we practice outside. If you "forget" your practice clothing, don't go to practice. It is an unexcused absence.
- Respect others/Respect property.
- Help get ready for meets/practice/help clean up after practice
- No candy, chips, pop, etc. during practice. During practice, no earbuds.
- We ride a bus to meets. Everyone participates at a meet. No one goes home early. If you want to ride home with parents, that is O.K., but I need a form informing AD of this 48 hours beforehand.

-----Cut & return to Mr. Langlois ASAP.-----

I, _____ understand the above rules and will do my best to follow them.

Signature _____

My son understands the above rules and will follow them.

Parent Signature _____ •