

BOYS' T&F CONDITIONING STARTS MONDAY, MARCH 8!



**Defending Conference
Champions**

WHO??

Any 6th, 7th, or 8th grade boy, in-person or e-learner, that is in good academic standing. You must have a physical to attend practice (or quickly obtain). **If you turned in a physical last school year, it is still good.** If you don't have one, get one now!

WHEN??

We have a call-out meeting on Monday, March 08, from after school until 5:15pm. Pick-up location for rides home will be at the back of the school near Elm Street. **We will go outside**, so bring proper workout clothing. (sweats, t-shirt, shorts, and athletic shoes)

WHERE?

Meet in mini-gym

March 2021

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7	8 first day for conditioning 3:50 until 5:15	9 Conditioning 3:50 until 5:15	10	11 Conditioning 3:50 until 5:15	12 Conditioning 3:50 until 5:15	13 Order uniforms by this date
14	15 Conditioning 3:50 until 5:15	16 Conditioning 3:50 until 5:15	17	18 Conditioning 3:50 until 5:15	19 Conditioning 3:50 until 5:15	20
21	22	23	24	25	26	27
SPRING BREAK--NO PRACTICE						
28	29 Practice resumes 3:50 to 5:15	30 Practice 3:50 to 5:15	31	April 1 Practice 3:50 to 5:15	2 NO SCHOOL & NO PRACTICE	3

BOYS T&F CHECKOFF LIST:

1. ____ **Have an ACTIVE account with FAMILYID.COM.** There is a link on Kahler's web page under the athletics tab. Even if you have done a Kahler sport, you must re-register with FAMILYID.COM.

2. ____ **GET A WHITE CARD FROM Mr. Gray.** You must have a current school year physical. **If you have done a sport this year, you likely don't need a new one.** BUT IF YOU NEED ONE, download form (Kahler's web site). Turn in completed form to Mr. Gray ASAP. **DON'T GIVE PHYSICALS TO COACHES (they go to Mr. Gray). Make a copy for your records.**

3. ____ **ORDER A UNIFORM.** These are purchased online from Hoosier Sports, Dyer, IN.

4. ____ **\$30 Check given to coach (this is one of three fees)**
 - a. \$60 yearly fee (billed on Skyward) only charged if T&F is the first sport you have done this school year.
 - b. \$20 transportation fee (also billed on Skyward & everyone pays this)
 - c. **\$30 T&F participation fee given to Coach Langlois (pay by check, but cash is OK).**

Kahler Middle School SPRING 2021

Track & Field

CALL OUT DATE Monday March08 until 5:15 PM *From this date until just after Spring Break, we will focus on paperwork, lockers, and basic conditioning.*

MEET SCHEDULE

*DRAFT COPY (Ceated January 2021) This is **VERY TENTATIVE**
After Spring break will update.*

MON APR 12 HANOVER CENTRAL 4:45 PM (KAHLER TRACK)

WED APR 14 GRIMMERL 4:45 PM (KAHLER TRACK--BUT GRIMMER HOSTS)

MON APR 19 HIGHLAND 4:45 PM (HIGHLAND HS TRACK)

WED APR 21 PIERCE 4:45 PM (KAHLER TRACK)

SAT APR 24 THOMAS JEFFERSON RELAYS I 9:00 AM (THOMAS JEFFERSON MIDDLE SCHOOL)

MON APR 26 LOWELL 4:45 PM (LOWELL MIDDLE SCHOOL)

WED APR 28 CLARK 4:45 (CLARK MS)

MON MAY 3 CROWN POINT CHRISTIAN SCHOOL 5:00 PM (KAHLER TRACK)

WED MAY 5 WILBUR WRIGHT 4:45 PM (KAHLER TRACK)

THU MAY 13 LMSAC TOURNEY T 4:45 AM (LOWELL HIGH SCHOOL)

*****WE ARE STILL AWAITING COVID RESTRICTIONS FOR SPECTATORS*****

RULES SHEET

Kahler Boys' Track & Field

- **Must maintain grades. Don't use doing a sport as an excuse.**
- **Must be active on FAMILYID. This is done for every sport, not just once a year.**
- **Uniforms must be ordered (Hoosier Sports, Dyer) before spring break.**
- **Listen to coaches. Do what is asked.**
- **FEES? There are three:**
 1. **\$30 fee is paid before spring break. Make checks payable to KAHLER MIDDLE SCHOOL. In the memo write BOYS' T&F & phone number.**
 2. **\$20 transportation fee billed via SKYWARD**
 3. **A single school-year fee of \$60 if this is the first sport for you this school year. If this is the second or third sport, you have already paid this & won't be billed again. This is billed through SKYWARD as well.**
******Once you attend three practices, you are expected to pay these fees******
- **Can you miss practice??? It is acceptable to miss practice once or twice a week for an excused reason. BUT YOU MUST LET COACH KNOW IN WRITING Coach AT LEAST 24 IN ADVANCE. This may impact your events.**
- **After spring break we practice Monday through Friday until 5:15. Must be changed & ready to practice by 3:55. Ride home must be at Kahler by 5:20.**
- **We likely won't have assigned lockers. We will keep gym bags in behind a locked door.**
- **If you are at school, you should go to practice. If the nurse sends you home, contact a coach.**
- **We do not practice on Wednesdays.**
- **Showing up to practice and not practicing is not acceptable.**
- **Good sportmanship is expected at all times. You are to be leaders and set positive examples for all.**
- **Don't make excuses. Don't complain.**
- **No phones before or during practice. No candy, chips, pop, etc. during practice. Post practice is fine.**
- **We ride a bus to and from meets. Everyone participates at a meet. No one goes home early.**

TURN THIS IS THE FIRST DAY OF PRACTICE

I, _____ (full name), ____ (grade) understands the team rules and will do his utmost to be a fine example of what Kahler expects out of its student-athletes. Breaking school and/or team rules may result in disciplinary action, including immediate removal from team.

Athlete Signature & Date

Parent Signature & Date

Athlete School EMAIL

Parentt EMAIL

Parent Phone Number