

IRMA MARSH MIDDLE SCHOOL TRACK AND FIELD



**PARENT PACKET
2021**

COACHES

| | | |
|--------------------|--|---------------------------|
| Everett White: | whitee@castleberryisd.net | High Jump/ Pole Vault |
| Taylor Mikesich: | mikesicht@castleberryisd.net | Sprinters/ Relays |
| Robert Geibler: | geiblerr@castleberryisd.net | Long-Triple Jump/ Hurdles |
| Kristina O'Connor: | oconnork@castleberryisd.net | Pole Vault |
| Aden Slay: | slaya@castleberryisd.net | Long Distance |
| Zackary Vera: | veraz@castleberryisd.net | Shot/ Disc/ Relays |

TRACK PRACTICE

Track practice will be Monday through Friday at 6:30AM. Student athletes should be at the school no later than 6:15AM. We will not have practice on days of the track meet or the day after a track meet. If a student athlete misses a practice, they will be required to complete a make-up practice. Make up practices are explained below.

Summary of Make-up Practices 2020-21

Definition: (Excused vs. Unexcused)

Excused

1. Medical – Doctor's note + Phone Call (make-up)
 2. Illness – Phone Call / Email Notification (make-up)
 3. Illness – Present at Practice (no make-up)
- Note: Must be in attendance at school 5 out of 8 periods (CHS & IMMS)
4. Death in family – Phone Call (no make-up)
 5. STAAR Related (no make-up)
 6. Family Emergencies + Phone Call (make-up)

Unexcused

1. Absences due to Vacation/Thanksgiving/Christmas /Spring Break
2. Illness – No contact
3. Absent from Practice

Track & Field (CHS & IMMS)

Excused - Make up the practice missed the next day, along with that day's work out.

Unexcused - Make up the missed practice the next day, along with that day's work out. The student athlete will complete 10 timed 200 meter dashes with 30 seconds rest, under the supervision of a coach.

Note: when more than two days of practice are missed in a week, the student-athlete will not be eligible for that week's track meet. Extenuating circumstances may exist and are grounds for coaches' review.

ACADEMICS

Student athletes are expected to maintain a grade average of 70 or above in every class. Student athletes must plan their time wisely. Using athletics as an excuse to not do your homework or using your homework as an excuse to not practice is not acceptable. Tutoring is available from 3PM to 4PM. Student athletes are expected to use this time to help ensure they pass their classes.

INJURIES

All injuries need to be reported to the event coach. The coach will then contact our trainer (Taylor Ogden) if necessary. In the event of an injury the student athlete will undergo treatment prescribed by the trainer. The student athlete will still be required to dress out, attend practice and track meets and fulfill any athletic responsibilities. If a doctor's note is turned in, the trainer must have a doctor's release note before returning the student athlete to practice or play.

TRACK MEET EXPECTATIONS

Every week student athletes will compete during practice to determine who will travel to the next meet. The travel list will be posted the Friday before the next meet. Student athletes will be required to ride the bus to and from every track meet. A parent or guardian may take their child home after they have completed all their events if they fill out and submit a permission form 24 hours prior to the meet.

All student athletes will remain in a designated area in the bleachers during the track meet. Coaches will notify student athletes when to go to the infield to warm up for their event. Parents are not allowed on the track or infield at any time. All student athletes at a track meet must wear school issued uniforms and sweats. No other attire will be permitted. No jewelry is allowed on the track. Please leave any unnecessary valuables at home.

Parents/ Guardians - As with all programs at CISD, the coaching staff will always communicate with you and your child on ways to improve their fundamentals and skills, but the following will not be discussed:

- Playing Time (Number of Events)
- Play Selection (Event Strategy)
- Personnel

Castleberry Independent School District

Athletic Code of Conduct



STATEMENT OF PURPOSE

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important the student understand the conditions of participation before making the decision to enter the program.

ATHLETIC CODE OF CONDUCT

- ... Violation of the *Athletic Code of Conduct* will be considered on an individual basis.
- ... You will be treated fairly.
- ... You are an athlete year round.
- ... Comply with school policy.
- ... Conduct yourself as a lady/gentleman at all times.
- ... Always tell the truth.
- ... Do not steal.
- ... Do not make excuses.
- ... Do your best in the classroom.
- ... Respect your teammates.
- ... Do not participate in other non-school related sports while your sport is in season.
For example: Volleyball players that are in-season may not play club or LYSA volleyball, but may play club or LYSA softball.
- ... Do not use tobacco, alcohol, drugs or any mood-altering chemical.
- ... If you have a concern, talk to your coach in private.

TRACK PRACTICE CALENDAR

FEBRUARY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 15 (B-DAY) PRACTICE 6 30-7.30AM | 16 (A-DAY) PRACTICE 6 30-9 00AM | 17 (B-DAY) PRACTICE 6 30-7 30AM | 18 (A-DAY) PRACTICE 6 30-9 00AM | 19 (B-DAY) PRACTICE 6 30-7 30AM |
| 22 (A-DAY) PRACTICE 6 30-9 00AM | 23 (B-DAY) PRACTICE 6 30-7 30AM | 24 (A-DAY) PRACTICE 6 30-9 00AM | 25 (B-DAY) PRACTICE 6 30-7 30AM | 26 (A-DAY) PRACTICE 6 30-9 00AM |

MARCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|---------------------------------------|---|---------------------------------------|---------------------------------------|
| 1 (B-DAY) PRACTICE 6 30-7 30AM | 2 (A-DAY) PRACTICE 6 30-9 00AM | 3 TRACK MEET @ MINERAL WELLS 4PM | 4 NO PRACTICE | 5 (B-DAY) PRACTICE 6 30-7 30AM |
| 8 (A-DAY) PRACTICE 6 30-9 00AM | 9 TRACK MEET @ LAKE WORTH 4PM | 10 NO PRACTICE | 11 (B-DAY) PRACTICE 6 30-7 30AM | 12 (A-DAY) PRACTICE 6 30-9 00AM |
| 15 SPRING BREAK | 16 SPRING BREAK | 17 SPRING BREAK | 18 SPRING BREAK | 19 SPRING BREAK |
| 22 (B-DAY) PRACTICE 6 30-7 30AM | 23 TRACK MEET @CHS 3:45PM | 24 NO PRACTICE | 25 (A-DAY) PRACTICE 6 30-9 00AM | 26 (B-DAY) PRACTICE 6 30-7 30AM |
| 29 (A-DAY) PRACTICE 6 30-9 00AM | 30 (B-DAY) PRACTICE 6 30-7 30AM | 31 TRACK MEET @SAGINAW HS 4PM | | |

APRIL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| | | | 1 NO PRACTICE | 2 HOLIDAY |
| 5 (A-DAY) PRACTICE 6 30-9 00AM | 6 (B-DAY) PRACTICE 6 30-7 30AM | 7 (A-DAY) PRACTICE 6 30-9 00AM | 8 (B-DAY) PRACTICE 6 30-7 30AM | 9 (A-DAY) PRACTICE 6 30-9 00AM |
| 12 (B-DAY) PRACTICE 6 30-7 30AM | 13 TRACK MEET @ CHS 3:45PM | | | |



IRMA MARSH MIDDLE SCHOOL BOYS & GIRLS TRACK SCHEDULE 2021



| DATE | DAY | MEET | LOCATION | TIME |
|-------------|------------|------------------|-----------------|-------------|
| March 3 | Wednesday | Mineral Wells | Mineral Wells | 3:45 PM |
| March 9 | Wednesday | Lake Worth | Lake Worth | 3:45 PM |
| March 23 | Tuesday | Lion Relays | Castleberry HS | 3:45 PM |
| March 31 | Wednesday | Highland MS Meet | Saginaw HS | 3:45 PM |
| April 13 | Tuesday | Marsh Meet | Castleberry HS | 3:45 PM |

Boys Coaches: Everett White, Robert Geibler, Aden Slay

Girls Coaches: Taylor Mikesitch, Kristina O'Connor, Zackary Vera

Principal: Karelyn Roberts

Executive Director of Student Services & Operations: Lenny Lasher

Superintendent: Dr. John Ramos

1.25.21

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2071



IRMA MARSH MIDDLE SCHOOL TRACK AND FIELD STUDENT-ATHLETE/ PARENT AGREEMENT AND CONSENT FORM

Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Irma Marsh Middle School Track and Field Student-Athlete/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Printed Name of Player

Signature of Player

Date

Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Irma Marsh Middle School Track and Field Student-Athlete/Parent Handbook**. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Name of Parent/Guardian (please print)

Relationship to Player

Signature of Parent/Guardian

Date