

Mission Trail Track Permission Sheet 2024



Return this form to Mrs. Rundberg or Mr. Carlson no later than Friday, March 14.

My child, _____, has permission to participate in Track for Mission Trail Middle School.

I understand that practice is Monday-Thursday from 3:30 – 5:00 p.m. and Fridays 7:20 – 8:00 a.m.

I also understand that my child will need a physical and concussion form on file with MT's nurse by March 25, 2025, to be allowed to practice and compete.

Enrollment in track will be closed March 26, 2025.

Parent / Guardian signature

Parent / Guardian printed name

Parent phone number _____

How is your child getting home at 5:00 p.m.?

Walking or Pick Up (please circle)

Track and Field Athlete Behavior Contract

Parents and students please read this contract in its entirety. After reading, this contract must be signed and returned no later than March 14th. Failure to return this contract by that date will result in missed practices and/or meets.

All student-athletes will be expected to conduct themselves in a positive manner while participating in the Mission Trail Track and Field season. All athletes will need to follow the criteria below to remain participating in track.

General expectations: Track is an extension of the MT school day; all school rules and expectations still apply.

- Being Responsible: Athletes will be responsible for their actions, as well as using all of the track and field equipment correctly. Athletes will need to follow the coaches' instructions even when unsupervised.

- Respectful: Athletes will be respectful with words, actions, and attitude towards their coaches, teammates, opponents, and officials.

- Safe: Athletes will follow directions of coaches, administration, track officials at meets. Each athlete's behavior must meet expectations and does not put themselves or others at risk.

TRACK GUIDELINES:

1. **Attendance:** All practices are MANDATORY unless an emergency arises. If you must be gone from practice, please notify your grade level coach prior to practice with a note, email, or phone call from your parent/guardian. Two missed practices will prevent you from competing in the next meet. You must participate in practice, unless injured, or it will be considered an unexcused practice.
- Unexcused Absences: If an athlete player misses practice 3 times without a parent's excuse prior to the practice, they will no longer be allowed to be on the team.
2. **Supervision:** It is expected that track athletes will report to the correct event on time during practice and meets.
3. **Academics:** Your class work is first and foremost. If you have a failing grade in any class, you cannot compete in a meet until the grade is above an F. Keep your grades up!
4. **Track Meets:** Athletes must be present at school the day of the track meet to participate. Behavior at all track meets must be appropriate. As we represent Mission Trail, appropriate behavior is expected at all meets. Any negative behavior at meets or on the bus will result in the offenders missing the next track meet and receiving an office referral (school events are an extension of our school day). Parents may take their child home after away meets by checking them out with their grade level coach.

As Stated above: Failure to follow the expectations will result in consequences. These consequences include missing practice(s), removal from meets, and/or removal from the team (as agreed upon by coaches and administration).

As the athlete's parent/guardian, I have read and understand the above expectations for my child's participation in track. I understand that the purpose of these expectations is for all track participants and coaches to have a positive, safe experience.

There will be a copy of this document on the MT webpage for future reference.

Parent/Guardian Signature: _____

Student-Athlete Signature: _____

Print Student Name: _____

Grade Level: _____ Date: _____