

SOUTHWEST TRACK & FIELD 2021



GOOGLE CLASSROOM CODE (athletes only): qhksxu3

COACHES

- Lindsay Fierro (Distance/6th grade boys) Lindsay.Fierro@k12.sd.us • Ken Krzyzanowski (Sprints/6th grade girls) Kenneth.Krzyzanowski@k12.sd.us • Alex Ferdinand (Hurdles/7th grade boys) Alexander.Ferdinand@k12.sd.us • Nancy Richey (High Jump/7th grade girls) Nancy.Richey@k12.sd.us • Fred Meyer (Long Jump/8th grade boys) Glen.Meyer@k12.sd.us • Rocky Akason (Shot and Discus/8th grade girls) Rockiel.Akason@k12.sd.us

REQUIREMENTS FOR PARTICIPATION

- Physical and Medical Release Form turned in by Tuesday, March 16 (only if this is your first sport of the school year)
- The activity fee (\$25.00) paid to the office before Tuesday, April 13 (first meet) • Purple Southwest shorts (\$12.00) paid in office before Tuesday, April 13 • Commitment for the 10 weeks
- Proper shoes, clothes, and mask for practice and meets
- Joining Google Classroom (see code above)

FIRST PRACTICE

- All paperwork should be turned into the office.
- Athletes should meet at their designated screening location, get changed, and meet in the gym by 3:20 with backpack and items needed to go home. Athletes will not be allowed back to their lockers after practice.
- Coaches will cover general information, including practice and meet schedules. Athletes must wear a mask during this time.

- Athletes will be dismissed at 4:30.

PRACTICES

- All practices are mandatory and run 3:20-4:30. Athletes must be picked up by 4:45. • The schedule will be posted for the week ahead on the Southwest webpage and in Google Classroom.
- Two practices missed (for any reason) between meets will result in ineligibility for the next meet.
- Three unexcused practices will result in dismissal from the team.
- Any athlete caught skipping, hiding, or not in an assigned practice area will receive an unexcused absence.
- Dual sport/activity athletes are welcomed and encouraged. Athletes should communicate with one of the coaches about the best way to handle situations when the two sports/activities conflict.
- Practices are divided into Purple, Silver, and White days. Coaches will go over these schedules with the athletes at practice.
- Practices will not be canceled due to poor weather. We will hold indoor practices if we cannot go outside.
 - During and after practices, athletes should only use the southeast door to the gym to enter the building. The front door will not allow athletes in or out of the building and the building will be locked as soon as practice starts. Athletes should never be in the building during practice without a coach's permission unless it is an indoor practice.

TRACK & FIELD MEETS

- Parents and athletes are encouraged to follow the RCAS Middle School Activities Facebook page for meet updates throughout the season.
- Results for most of the meets will be posted on athletic.net.
- Meets are held at Sioux Park and will follow a rolling schedule for events. Athletes will be bused from Southwest to Sioux Park and must be picked up by parent after the meet. • Athletes must be signed up for at least 2 events and can do a total of 3 for each meet. If an athlete misses an event, consequences will be given at the discretion of the track coaches. Please communicate with a coach *before* a missed event if a conflict arises. • Cancellations due to weather will be made by the RCAS Middle School Activities Office and communicated to parents via e-mail and Facebook as soon as possible. • If an athlete leaves the track premises at any time during an all-day meet without authorization from a coach, that athlete will be dismissed from the track team. • Any athlete who sets a school record at a meet will be named on the track board in the SWMS gym. However, if an athlete quits during the season, he or she forfeits the record.

We look forward to a great season!