

# Spring 2019 IMS Track and Field Schedule

\*Athletes are expected to attend *ALL PRACTICES*. In order to compete in the meet of that week, you must attend all practices. Practices end between 3:45-4pm depending on your events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4/1 8th Grade Only Meeting 2:30-2:45	4/2 Practice 2:30-4	4/3 Practice 2:30-4	4/4 No Practice
4/8 Practice 2:30-3:30	4/9 Practice 2:30-4	4/10 Practice 2:30-4	4/11 Meet @ Newburyport with Georgetown
<b>April Vacation: Coach Borton will provide an at home workout schedule for athletes.</b>			
4/22 Practice 2:30-4	4/23 Practice 2:30-4	4/24 Home Meet vs. Newburyport & Pentucket	4/25 Practice 2:45-4
4/29 Practice 2:30-4	4/30 Practice 2:30-4	5/1 Home Meet vs. Triton & Georgetown	5/2 Practice 2:45-4
5/6 Practice 2:30-4	5/7 Practice 2:30-4	5/8 Practice 2:30-4	5/9 Meet @ Newburyport
5/13 Practice 2:30-4	5/14 Practice 2:30-4	5/15 Practice 2:30-4	5/16 Meet @ Pentucket with Georgetown
5/20 Practice 2:30-4	5/21 Practice 2:30-4	5/22 Cape Ann League Championship Meet @ Triton (Qualifying Athletes)	5/23 End of Season Celebration (Time TBD )
5/27 Practice for States Athletes Only →	5/28 Practice 2:30-4	5/29 Practice 2:30-4	5/30 Practice 2:45-4
<b>MA Middle School Track &amp; Field State Meet (qualifying athletes only) is Saturday, June 1st @ Clinton High School. Time TBD.</b>			

\*\*\*We need parent volunteers at our home meets on 4/24 and 5/1. The shifts are 3:15-4:15 pm and 4:15-5:15. NO track and field knowledge required! Please email [sborton@ipsk12.net](mailto:sborton@ipsk12.net) if you are available that afternoon. THANK YOU!



# IMS Track and Field: FAQ for Students and Parents 2019

## **Does my child need a physical in order to participate in middle school track?**

Yes. Your child will need an updated physical, from the last 13 months on file with the school nurse. Please note: A note or phone call from a doctor is not sufficient. In order to comply with state MIAA rules AND for your child's safety, the nurse needs a copy of the actual results of the physical on record. ***No child can practice or compete without this already completed.***

## **What does my child need to bring to practice?**

- Water bottle
- **Healthy, nut-free** snack – (fruit, protein bar, pretzels, etc.)
- Weather-appropriate running attire
- Footwear designed for running & movement

## **What is the typical practice & meet timeline?**

Students meet in the seventh grade pod at 2:30 for attendance and snack, **Monday-Thursday**. Practices end between 3:45-4pm, depending on your athlete's events. Meets typically start at 3:30 and last for two to three hours.

## **Can my child miss a practice for after school help or other appointments?**

- Athlete/parents must let Coach Borton ([sborton@ipsk12.net](mailto:sborton@ipsk12.net)) know at least 24 hours in advance with valid reason.
- They must be present for all practices in order to compete in that week's meet.

## **Uniforms**

Athletes can purchase a track singlet (uniform) and other gear from the shop link below. The shop is open permanently, but I would suggest ordering sooner rather than later to ensure timely delivery.

[https://teamlocker.squadlocker.com/#/lockers/ipswich-middle-school-track? k=m08a71](https://teamlocker.squadlocker.com/#/lockers/ipswich-middle-school-track?k=m08a71)

***Student-athletes are students first and need to remain in good standing (academic and behavior) in all classes to compete on the team. Furthermore, for the safety and fairness of all athletes, if an athlete consistently misses practices, s/he will not be eligible to compete in meets.***