



## Track and Field 2024



The 2024 Track and Field season is around the corner! The coaches are looking forward to an excellent season. Track and Field can be a very positive experience and it is amazing to see North Lakeland students share a common respect for teammates, coaches and other schools. We expect Track and Field to foster positive attributes including physical fitness, healthy competition, respect for rules and regulations, as well as a sense of responsibility.

This year the season will be available to 5th-8th graders. Realize for 5th graders that certain track meets may not allow for 5th graders to participate. For practice we will have indoor days where we will be doing workouts and preparing for the different events track and field has to offer throughout the school building. As the weather allows us to be outside, we will be able to enjoy more of the training experience and comradery in that setting.

**\*\* Updated physicals for our athletes will be required to participate in practice and meets. Many of them are currently out of date. If your student is planning on being in track and field, and their physical is out of date, you will need to contact your physician to schedule an appointment. We have forms here at school that the physician will fill out to allow for eligibility. *Feel free to check with Mrs. McMahon in the school office about your child's sports physical status: [jmcmahon@nles.us](mailto:jmcmahon@nles.us) or 715-543-8417 ext. 117 \*\****

It is important that the participants know that ATTITUDE is an extremely important part of Track and Field as it can impact the entire team. If negative attitudes are having an influence on teammates, the athlete may be reprimanded or removed from the team. Practices will begin on Monday, March 25th, and will be held on Mondays, Tuesdays, and Thursdays from 3:30 to 5:00. There will be some optional Fridays to work on specific field events as well. Hopefully with the weather this year it will be a fantastic year!

Coaches this year will be:

Mr. Karaffa, Mr. Hahn, Mr. Friedley, and Mrs. Fieweger

We, as coaches, would like all parents and participants to be aware of rules and regulations before the season starts. (Other side)

## Track and Field Rules

1. All school rules will apply as stated in the student handbook at all times. This includes an updated physical form. (If you are unsure if this applies please contact the school.)
2. Food and drink may be consumed only at appropriate times.
3. No foul or abusive language will be tolerated.
4. Only students on the track team may be at practice.
5. No jewelry may be worn at practice or at track meets.
6. If an athlete is missing or leaving early from a meet or practice a note must be provided.
7. If an athlete is leaving with anyone other than a parent from a meet a note must be provided before the meet.
8. Unexcused absences will result in possible dismissal from the next track meet, as well as possible removal from the team.
9. Please arrange for athletes to be picked up NO LATER than 5:10 on practice days.

Please return this form if you are planning on doing track, as well as the athletic fee card to Mr. Karaffa.

Any questions please contact Carl Karaffa at [ckaraffa@nles.us](mailto:ckaraffa@nles.us) (Best) or 715-543-8417 Ext. 203

**Student Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

Sincerely,

North Lakeland Track Staff

