



Track and Field 2026



The 2026 Track and Field season is approaching! 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 most track meets do not allow for 5th graders to participate, so this year is mostly just learning about the sport and learning the different events and training. 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 camaraderie 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 Many of them are currently out of date or expiring soon. If your student is planning on being in track and field and their physical is out of date, you will need to contact your physician to schedule an appointment.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 at school and on the school website 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 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 30th, and will be held Mondays, Tuesdays, and Thursdays from 3:30 to 5:00. There will be some optional Fridays to work on specific field events as well.** Usually, we have about four track meets during the season. It is important to know that your athlete can be home quite late these days, as meets can run past 7:00 p.m., plus the trip home. Hopefully, with the weather this year, it will be a fantastic season!

Coaches for this season, tentatively, will be:
Mr. Friedley, Mrs. Fieweger, Mrs. Kraemer, and Mrs. Rademacher

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 p.m. 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 (best) or 715-543-8417 Ext. 203

Student Signature _____

Date _____

Parent Signature _____

Date _____

Sincerely,

North Lakeland Track Staff

