**2022 Track and Field Season Informational Sheet**

Welcome to the 2022 BMS Track and Field Season! On this page you will find important information about required forms, practices, meets, rules and regulations.

**On days that school is out or on snow days, practices and meets are cancelled.**

**Our first team practice will be during the second week of February 7th**. **Practices start at 3:45 and end at 5:00**. Your student will leave their 6th period at 3:30 and head to the locker room to change and prepare for practice. If weather is bad, we will hold practice in the gym. If the weather is fair, practice will be held at the track. Each day when students leave the locker room and head for practice, they need to come to the gym to find out if we are going to practice in the gym or outside for that day. **If you are late picking up your student more than once, your child will miss one track practice, if you are late three times your child will miss a meet. If you are late to pick up your student more than three times, they will be cut from the team.** This is to prevent coaches from having to wait until late into the evening for students to be picked up. **Pick up time from practice is 5:00 pm and no later than 5:15.**

**Meets will begin in March and we will have a schedule of meets in early-mid January**. These will be posted on the website as well as Facebook. There are typically meets every Thursday. Students and coaches will ride school buses to the meets. The buses will leave at 3:25 on days of the meets. Students need to leave their 6th period class between 3:00 and 3:10 depending on the location of the meet. Meets begin at 4:30. **If you would like to check your student out at the meet, you must sign them out with Coach Houser or Coach Coleman. Otherwise, students will ride the bus back to the school and need to be picked up from the school.** Meets typically end around 8:30, but we will notify parents the exact time on the day of the meet. If you would like to donate food or water for the students, please let Coach Coleman or Coach Houser know. We do not have funds to buy food for the students, so it is dependent on the parents or fundraising money.

**There will be a BSN online store. We will be setting this up before the season begins and will post the information on the website and Facebook.** These get delivered to the school. More information will be made available when the online store is ready.

**There are four forms that must be returned in order to participate in Track: Concussion, Cardiac Arrest, Insurance Coverage, and Permission to Participate forms. There is also a physical that must be completed as well as a $60 athletic fee** that goes to the school for insurance. If your student has paid the athletic fee for this year or already had a physical for a BMS sport this year (dated after April 15, 2021), then they do not need to pay or have another physical. The physical must be completed by a doctor of medicine. **All of this must be turned in by January 27, 2021. Girls to Coach Houser, Boys to Coach Coleman.**

**Also, students must maintain a “C” or a 2.0 average in ALL classes from first semester to be eligible to tryout and keep this second semester to remain on the team. Any student who receives ISS or OSS is subject to being disqualified from the track team. Disrespect towards coaches or teammates will not be tolerated and may result in being dismissed from participation in practice, meets, or the team. Continued misbehavior or disrespect in school, practice, meets, etc. can also result in dismissal from the team. This is up to the coach’s discretion.**

We will have more details about tryouts, practices and meets as we get back into school after Winter Break.

We look forward to the 2022 season and meeting all of you!

**Facebook page: BMS Track and Field**

**Track page on the BMS school website**

**-Coach Madison Houser: Girls Coach and Coach Brett Coleman: Boys Coach**