Lindbergh Track & Field Information

This year, Lindbergh will participate in IESA track and field meets. Students who are interested in joining the team are encouraged to read through the following information and return the interest form to Miss Hammond ASAP.

For a lot of you, joining our middle school track team might be the first time you've had anything to do with the sport, and for that reason I encourage you to read on to better understand how we go about practicing and competing.

Middle school track tryouts will occur at the beginning of March. Tryouts will give me a good idea of which athletes are a good fit for one or more of the following events:

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<thead>
<tr>
<th>Sprints</th>
<th>Distance</th>
<th>Jumps</th>
<th>Throws</th>
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</thead>
<tbody>
<tr>
<td>• 100 meter dash</td>
<td>• 800 meter run</td>
<td>• High jump</td>
<td>• Shot put</td>
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<tr>
<td>• 200 meter dash</td>
<td>• 1600 meter run</td>
<td>• Long jump</td>
<td>• Discus</td>
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<td>• 400 meter dash</td>
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<td>• 4x100 meter relay</td>
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<td>• 4x200 meter relay</td>
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<td>• 4x400 meter relay</td>
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<td>• 100 meter hurdles</td>
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Both boys and girls participate in the same events, but not against each other, and their performances are not combined, meaning there is a boys team winner and a girls team winner at the end of each meet. In addition, there will be 7th and 8th grade events run separately. (5th and 6th graders will participate in 7th grade events.)

How to make the team?

Unfortunately, depending on the amount of athletes trying out, some athletes may not be able to make the team after tryouts. I will try to keep as many athletes as possible, but please keep in mind, there are a limited number of entries for each event. There are also limits to how many events one athlete can participate in during a single meet.

The most important thing you can do to make the team is work hard, be respectful, and have a cooperative attitude. The first attributes considered when making cuts will be work ethic, attitude, behavior, and grades. Outside of behavior, all athletes will be judged on performance.

If you play another Spring sport and would still like to try running track, please see Miss Hammond. We can do our best to arrange a schedule that will allow you to do both.
Practices

Working hard during practices is essential to performing well at the meets. Track is about running, so expect to run every day. It would be wise for you to prepare for tryouts by starting to run as much as you can NOW.

What will I need to participate in track?

Here are a list of a few essentials you should bring to tryouts, practices, and events:

1. Comfortable running shoes.
2. Sweatpants/running pants and long sleeve shirt in the cold, athletic shorts and t-shirt when it's warm.
3. Black shorts for meets. (Shirt will be provided.)
4. Gloves and warm hat to help early in season out in the cold. (We will be practicing outside 90% of the time—weather permitting.)
5. Your own water.

In addition, students who make the team will be sent home with an order form for team apparel. Students will be encouraged to purchase a sweatshirt and t-shirt to wear on meet days.

Meets/Transportation

District transportation will NOT be provided to track meets. Parents must provide rides to and from meets. With participating in IESA, and not just Peoria Public Schools, some meets may not be in Peoria. However, ALL meets will be in the Peoria area (Peoria, Dunlap, Chillicothe, Bartonville, Pekin, etc.). If transportation is an issue, parents should speak to Miss Hammond prior to tryouts.

General Dates

Tryouts—1st week of March
Meets—March, April, May
Sectionals—May 8th OR 9th
State—May 15th & 16th

Questions? Please email Miss Hammond at melissa.hammond@psd150.org
Lindbergh Track & Field Interest Form

Student Name: ____________________________________________

Grade: 5th 6th 7th 8th

Please mark ALL events you are interested in participating in this year:

____ 100 meter dash
____ 200 meter dash
____ 400 meter dash
____ 800 meter run
____ 1600 meter run
____ 4x100 meter relay
____ 4x200 meter relay
____ 4x400 meter relay
____ 100 meter hurdles
____ High jump
____ Long jump
____ Shot put
____ Discus

Do you have any previous track experience? ________ If yes, please explain.

Parent Signature ____________________________________________

Parents—if you are interested in helping assist with practices/timing at meets, please let me know!

*Sports physical must be turned in prior to tryouts at the beginning of March.*
**Grades must be C average or above to try out for track in the Spring.**

Please return to Miss Hammond ASAP.
Equipment Needed:

• Stopwatches
• Jerseys
• Shotput
• Discus
• Measuring tape
• Relay Batons
• Start Blocks?