

2023 Middle School Spring Track & Field Team

(Google Classroom Code for students: “ify5beo”)

Registration is not complete until:

1. A parent or guardian completes the electronic registration form found at:

<https://forms.gle/PUquoMj17CN2XTNG7>

(This link can also be accessed on the CommEd email sent out from the school. If you have multiple children participating, you must fill out the form for each one.)

2. Students must have an After-School Activity Card to participate (If students did not get one at the beginning of the school year, please reach out to the Main Office about availability at this point in the year).

3. Students must have an up-to-date physical on file with the School Nurse**.

Registration with the link is **due by April 6th.**

The Middle School Track & Field Team is open to students of all abilities. In addition to practices, runners will have the opportunity to compete in meets with area middle schools. Participants of all abilities are encouraged to attend meets, although they are never mandatory. Students are responsible for their own transportation to and from any meets. This year, parents/guardians must register their child by April 6th. Event choices may include, but are not limited to: running events, hurdles, shot put, high jump, long jump, javelin, and more!!

Please email Adam Felzani (felzania@chelmsford.k12.ma.us) with questions.

Essential Information

1. **Season Details** - 6 weeks (see back page for our most current schedule)

- ❖ Practice schedule - Tuesdays/Thursdays from 2:40-3:40 pm
- ❖ Two additional Away Meets are TBD

2. **Practice Details.**

- ❖ All practices will start at the McCarthy track.
- ❖ Parker students must be picked up at dismissal and dropped off at the McCarthy track (carpooling is allowed). We do not have enough staff to safely walk students over this year.
- ❖ All practices and meets are optional. There is no need to tell us when you can not come.

3. **Pickup Options:**

- ❖ McCarthy students will be dismissed in time for the late bus
- ❖ McCarthy students can be picked up at McCarthy on the cafeteria side of the building
- ❖ Parker students can be picked up at the track

****4. From the School Nurses:** “Every athlete must have an up-to-date physical in order to participate on Day 1. Physicals are good for 13 months. If your physical expires during the season, you will not be allowed to participate. Please schedule your physical so you can participate on Day 1.”

***This schedule is subject to change!** We do not have a middle school Athletic Director and we are not part of any official league, therefore it is very hard to coordinate events so please expect updates. There will be meet dates added as soon as we hear back. The most updated schedule will be attached to all future email communications to parents and students.

2023 MIDDLE SCHOOL PRACTICE AND MEET SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
APRIL 24	APRIL 25 1st Day of Practice @ McCarthy 2:40 - 3:40	APRIL 26	APRIL 27 Practice @ McCarthy 2:40 - 3:40	APRIL 28
MAY 1	MAY 2 Practice @ McCarthy 2:40 - 3:40	MAY 3	MAY 4 Practice @ McCarthy 2:40 - 3:40	MAY 5
MAY 8	MAY 9 Practice @ McCarthy 2:40 - 3:40	MAY 10	MAY 11 Practice @ McCarthy 2:40 - 3:40	MAY 12
MAY 15	MAY 16 Practice @ McCarthy 2:40 - 3:40	MAY 17	MAY 18 Practice @ McCarthy 2:40 - 3:40	MAY 19
MAY 22	MAY 23 Practice @ McCarthy 2:40 - 3:40	MAY 24	MAY 25 Practice @ McCarthy 2:40 - 3:40	MAY 26
MAY 30	MAY 30 Practice @ McCarthy 2:40 - 3:40	MAY 31	JUNE 1 CHELMSFORD MIDDLE SCHOOL CHAMPIONSHIP	JUNE 2