

# 2024 CMS Track & Field - Parent Information Letter

- A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/37b874](https://rmd.at/37b874)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



The image shows a smartphone screen displaying the Remind app sign-up page. At the top, the URL 'rmd.at/37b874' is visible. Below it, the text 'Join CMS Track & Field 2024' is displayed. There are two input fields: 'Full Name' with a sub-label 'First and Last Name', and 'Phone Number or Email Address' with the placeholder '(555) 555-5555'.

- B** If you don't have a smartphone, get text notifications.

Text the message @37b874 to the number 81010.

If you're having trouble with 81010, try texting @37b874 to (415) 780-9457.

\*Standard text message rates apply.



The image shows a smartphone screen displaying a text message interface. The 'To' field contains the number '81010'. The 'Message' field contains the text '@37b874'.

We are excited to welcome you to the 2024 CMS Track & Field Team! Our goal as a coaching staff is to support student growth, engagement, and confidence both athletically and as young adults. While athletic dominance is not the goal, each student-athlete will be encouraged and expected to give their best effort and have a growth mindset towards their athletic development! We hope all students gain skills and values that can help them in all facets of their middle school experience, whether they continue track or not! Mustangs run together!

## Communication & Important Information:

1. CMS Website<<Athletics<<Track & Field
2. Remind App - sign up details to the left! Easy way for coaches to communicate directly to your mobile device in a simple text message.
3. Email contact directly to your student's coach.

## Head Coaches:

- Dave Thomas and Julianne Maslowe

## Grade-Level Coaches:

- 6th - Dave Thomas and Zach Raibley (Boys), Kaysa Jarrard and Rhonda Yetter (Girls)
- 7th - Julie Kusian and Julianne Maslowe (Boys), Sarah Shields and Ashlyn Wnek (Girls)
- 8th - Sherry Groeger-Godwin, Jessica Jaffe, and Greg Worthington
- Unified - Amanda Steiner

## Practice Information & Expectations:

- Practices are held Monday, Tuesday, Wednesday and Thursday after school from 3:55-4:45pm.
- Late buses are available for those who regularly ride the bus home.
- Students should bring athletic clothing, a personal water bottle, and comfortable shoes.
- Daily practice will provide each student time to work on the following events:
  - Short Distance Running (relays, sprints, etc.)
  - Long Distance Running (monitored distance runs, between ½ -2 miles in length)
  - Field Events (Long jump, Triple jump, High jump, and Shot Put)
  - NOTE: due to limited events, each student will be encouraged/expected to participate in the 800m or 1600m! These events are unlimited signup and might be the only available competition on certain meets.

## Student-Athlete Behavior Expectations:

- Participation in Activities & Athletics at CMS is a privilege and not a right. School behavior expectations apply both in the classroom and on the field. Repeated violations of CMS rules and regulations can lead to limited participation or removal from the team.
- With more than 400+ student-athletes at any given practice, student-athletes have a responsibility to show up prepared, ready to practice, and focused on their development. Please help support your athletes by expecting proper behavior
- Questions can be directed to Athletic Director Sherry Groeger-Godwin (sgroegorgodwin@cherrycreekschools.org).

## Meet Information & Expectations:

- Meets generally start around 4:45-5pm and end by 7:30pm or until dark.
- Due to excessively large numbers of athletes, students will have meets where only the 800m and 1600m runs are available. While distance running is not for everyone, each student will be encouraged to compete if able!
- We REP Campus! Behavior expectations are to show respect, effort, and pride, and to represent Campus well.
- Make sure you bring **plenty of water** and snacks. Please make sure you pick up after yourself!
- **Reminder: During a meet, students should remain inside the oval track and parents must remain outside of the field of competition.**

### AWAY MEETS: (3 this year: 8/28, 9/3, and 9/5)

- Transportation is provided both to the away school and back to CMS. However, arrangements must be made from CMS to get your student home.
- **If your child does not plan to ride the bus back to CMS, you MUST check out with the designated sign out coach before leaving! This is required by the school and district policy! Failing to do so can lead to missing future meets or events.**

### HOME MEETS: (2 this year: 8/27 and 9/11)

- During home meets, students stay at CMS and begin setting up the field/warming up for competition until the visiting team arrives. Students should immediately report to the track after school.
- If at all possible, please consider sticking around to help clean up and break down the field at the conclusion of the meet. Many hands make light work :)
- When finished with your events, there is no need to sign out with a coach! You are free to go home!

### DISTRICT MEET: (9/21)

- **SAVE THE DATE! Our district meet will be Saturday, September 21st.** We would love for as many of our athletes as possible to compete for and represent Campus! It will be held at the Legacy Stadium from 8am to 3pm. Students will be competing with all other middle schools in the district, and it is an awesome day full of fun and friendly competition. We will give more information later in the season!

### Event Order (each track meet will follow this schedule)

- |                 |  |
|-----------------|--|
| 1. 55m Hurdles  | 7. 4X100m RELAY  |
| 2. 1600 RUN     | 8. 200m RUN  |
| 3. 4x200m RELAY | 9. Field Events - run continuous during the first 90 minutes of the meet |
| 4. 100m DASH    | a. Long Jump, High Jump, Triple Jump, and Shot Put                       |
| 5. 400m RUN     |  |
| 6. 800m RUN     |  |

## Other Important Information:

- **Online registration must be completed by no later than Friday 8/23;** scholarships are available for those in need but must be communicated prior to the due date! **Please note that late registrations received beyond the deadline will not be accepted.**
- Visit the CMS website (click Athletics<<Track & Field) for FAQ's, support with online registration, and meet schedule!
- Email one of the coaches or Athletic Director Sherry Groeger-Godwin with any questions!

We are sincerely and genuinely looking forward to the season; we hope you are too!

- CMS Coaches #gomustangs!

# CMS Track 2024 Schedule

|                |  |
|----------------|--|
| Thursday 8/15  | 1st Practice (Start of Season)               |
| Tuesday 8/27   | HOME Meet vs. Falcon Creek Middle School     |
| Wednesday 8/28 | AWAY Meet @ West Middle School               |
| Tuesday 9/3    | AWAY Meet @ Thunder Ridge Middle School      |
| Thursday 9/5   | AWAY Meet @ Laredo Middle School             |
| Wednesday 9/11 | HOME Meet vs. Prairie Middle School          |
| Saturday 9/21  | District Track Meet @ Legacy Stadium 8am-3pm |

\*Late buses are available for practices only! Parents are responsible for pickups and transportation from Campus after both Home and Away Meets. We will bus students back to Campus after Away meets, or you can pick your student up directly from the Away meet.

**\*IMPORTANT: If you pick your student up from an Away meet, PLEASE SIGN THEM OUT with a Campus coach before leaving**

## CMS Track & Field - 2024 Schedule/Calendar

| MONDAY 8/12   | TUESDAY 8/13   | WEDNESDAY 8/14   | THURSDAY 8/15   | FRIDAY 8/16  |
|---|--|--|---|--|
| NO PRACTICE<br><small>(RevTrack Registration Open until 8/23)</small>   | NO PRACTICE<br><small>(RevTrack Registration Open until 8/23)</small>  | NO PRACTICE<br><small>(RevTrack Registration Open until 8/23)</small>  | Practice #1<br>3:55-4:45pm<br>Info Meeting  | No Practice  |
| MONDAY 8/19<br><br>Practice #2<br>3:55-4:45pm   | TUESDAY 8/20<br><br>Practice #3<br>3:55-4:45pm   | WEDNESDAY 8/21<br><br>Practice #4<br>3:55-4:45pm   | THURSDAY 8/22<br><b>Registration Closes</b><br><br>NO PRACTICE<br>7th/8th Grade BTSN  | FRIDAY 8/23<br><br>No Practice   |
| MONDAY 8/26<br><br>Practice #5<br>3:55-4:45pm<br><br><u>Meet Signups 8/27, 8/28, 9/3</u>  | TUESDAY 8/27<br><br><b>HOME MEET</b><br>vs. FCMS<br>4-7:30pm   | WEDNESDAY 8/28<br><br><b>AWAY MEET</b><br>@ WMS<br>4-7:30pm  | THURSDAY 8/29<br><br>Practice #6<br>3:55-4:45pm   | FRIDAY 8/30<br><br>No Practice   |
| MONDAY 9/2<br><br>NO PRACTICE<br><br>Labor Day - No School  | TUESDAY 9/3<br><br><b>AWAY MEET</b><br>@ TRMS<br>4-7:30pm  | WEDNESDAY 9/4<br><br>Practice #7<br>3:55-4:45pm<br><br><u>Meet Signups for 9/5</u>   | THURSDAY 9/5<br><br><b>AWAY MEET</b><br>@ LMS<br>4-7:30pm   | FRIDAY 9/6<br><br>No Practice  |
| MONDAY 9/9<br><br>Practice #8<br>3:55-4:45pm  | TUESDAY 9/10<br><br>Practice #9<br>3:55-4:45pm<br><br><u>Meet Signups 9/11</u>   | WEDNESDAY 9/11<br><br><b>HOME MEET</b><br>vs. PMS<br>4-7:30pm  | THURSDAY 9/12<br><br><b>**Optional DISTRICT MEET ONLY Practice #10**</b><br><small>(Athletes practice their events for the district meet) - 3:55-4:45pm</small> | FRIDAY 9/13<br><br>No Practice   |
| MONDAY 9/16<br><br><b>**Optional DISTRICT MEET ONLY Practice #11**</b><br><small>(Athletes practice their events for the district meet) - 3:55-4:45pm</small> | TUESDAY 9/17<br><br><b>**Optional DISTRICT MEET ONLY Practice #12**</b><br><small>(Athletes practice their events for the district meet) - 3:55-4:45pm</small> | WEDNESDAY 9/18<br><br><b>**Optional DISTRICT MEET ONLY Practice #13**</b><br><small>(Athletes practice their events for the district meet) - 3:55-4:45pm</small> | THURSDAY 9/19<br><br>NO PRACTICE<br><br>CMS P/T Conferences   | <b>**SATURDAY 9/21**</b><br><br>District Track Meet @ Legacy Stadium 8am-3pm |