



Track Registration Form 2024-2025

Athletic Director:
Lindsey Lee
Athletic Assistant

Athletics Dept. Phone:
720.886.5256

Athletic Director Email:
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Middle School Athletic Philosophy:

The cornerstones of the Cherry Creek School District middle-level athletic program are: inclusion/participation for all (no cut policy), skill development, teamwork, and sportsmanship. We believe in healthy competition, but winning is not our main objective-participation is. We believe winning is the natural result of students doing their very best in practices and games in a cooperative effort. Success lies not in being the best, but in doing one's best. We expect our teams to grow and develop an attitude that reflects team spirit, cooperation, and pride.

Important Dates:

Date	Event	Time	Location
Thursday, 8/15/24	First practice (Practices are M-Th)	3:55-4:42 pm	Laredo
Tuesday 8/27/24	Away meet at Fox Ridge	4:30-7:00 pm	Fox Ridge Middle School 26301 E Arapahoe Rd
Thursday 8/29/24	Home meet with Liberty	4:30-7:00 pm	Laredo
Thursday 9/5/24	Home meet with Campus	4:30-7:00 pm	Laredo
Tuesday 9/10/24	Away meet at Horizon	4:30-7:00 pm	Horizon Middle School 3981 S. Reservoir Rd.
Tuesday 9/17/24	Away meet at West	4:30-7:00 pm	West Middle School 5151 S. Holly St.
Saturday 9/21/24	District Track Meet at Legacy Stadium	TBD	25901 E Arapahoe Rd Aurora, CO 80016

Cost:

- **Cost:** Please make payment by **Revtrak**. No checks are accepted-
<https://cherrycreek.revtrak.net/middle-schools/lms/lms-athletics/>
- Uniform -No cost to students
 - Athletes will borrow and return a school-owned uniform. Fees may be charged for uniforms not returned.
- Scholarships are available
 - Please complete a CCSD Scholarship/Fee Waiver Request Form and attach the necessary paperwork.
- Refunds
 - Refund requests will be granted up until the first track meet on August 27.
 - Athletes/parents should contact the Athletic Director, Lindsey Lee at 720-886-5246.

Eligibility: To participate in practices and/or meets, athletes must be in attendance at school for a minimum of half of the given school day (minimum of 4 hours.). In order to participate in dual track meets, athletes must have attended a minimum of five practices. To participate in the District Meet, athletes must have competed in at least two dual meets.

Events:

- Running 55 Meter Hurdles, 1600 Meter Run, 800 Meter Relay, 800 Meter Run, 100 Meter Dash, 400 Meter Run, 400 Meter Relay, 200 Meter Dash

- Field Long Jump, Triple Jump, High Jump, and Shot Put

Uniforms/Equipment:

- Required
 - A T-shirt + shorts are recommended for Practice. Uniforms used during Meets.
 - Soft-soled athletic shoes, 1/8 inch spikes are allowed
- Additional
 - Water bottle
 - Jacket, pants, etc. for cooler weather

Practice:

- Monday - Thursday from 3:55-4:42
- Students may access the locker room between 3:45-3:55 pm to change clothes.
 - Students not dressed appropriately will not be allowed to practice.
 - Students should take their belongings with them to the field since hallways will be closed after school.
- Students should be dressed out and on the field by 3:55 pm.
- Practice includes stretching, running, and conditioning activities combined with individual event preparation
- Students missing practice should notify their coach ahead of time when possible. Students should bring a note from their parent/teacher to excuse an absence. Unexcused absences may result in limited or no participation in the next meet.
- Students are expected to show PRIDE and honor our Athletic Code of Conduct. Violations may result in consequences including suspension from participating in athletics.
- Late bus transportation is provided. The late bus departs at 4:50 pm.
- Students not riding a bus should be picked up by 4:50 pm in front of the school or should walk home directly after practice.

Meets:

- Events
 - Students may be placed in up to 3 events in any combination of field and running.
 - Each team (6th grade girls, 6th grade boys, etc.) may enter up to 3 athletes per sprint event, 5 per field event, 3 teams per relay event, and as many athletes with qualifying times in the 800 Meter and 1600 Meter Runs.
 - Coaches will work with athletes to place them in the events they feel will be most successful to the athlete and their team. We encourage athletes to compete in at least one running and one field event.
- Home Meets
 - Coaches and athletes are allowed on the inner track field.
 - CCSD's Middle School Code of Conduct for Spectators can be found on Laredo's website.
- Away Meets - Transportation
 - Buses are provided to and from all away dual meets. If the athlete plans to ride home from an away meet with their parent/guardian or designee that adult MUST sign them out with their track coach.
 - If riding home with a person other than a parent/guardian or designee noted on the following page, students must present their coach with a dated note signed by a parent at least 24 hours before the meet
 - If sign-out procedures are not followed, the athlete may be suspended from the next meet.
 - Students are to be picked up within 15 minutes after the conclusion of home meets (approximately 6:40 pm) or return of buses from away meets (approximately 6:40 pm)
- District Meet
 - Eligibility for the district meet is limited and not guaranteed. Coaches will attempt to secure a spot for every team member. Student athletes must provide their own transportation to the District Meet which will be held at Legacy Stadium, which is located on the Cherokee Trail High School campus. More specific information regarding the District Meet will be provided to athletes and parents during the last week of the track season.

Please complete **both sides** of the following page including parent & student signatures and return it to the Attendance Office or email a signed copy to jbassett@cherrycreekschools.org by August 15, 2023. Students may not participate without completed paperwork.

STUDENT INFORMATION

Student Name: _____

Grade: _____

My child has permission to ride home from away meets with the following adult(s):

_____ (1) Name	_____ Phone	_____ Relationship	_____ (2) Name	_____ Phone	_____ Relationship
_____ (3) Name	_____ Phone	_____ Relationship	_____ (4) Name	_____ Phone	_____ Relationship

When the bus arrives at Laredo after an away meet, my child may walk home. Yes No

Signature of Parent/Guardian

Date

EMERGENCY INFORMATION

_____ Last Name	_____ First Name	_____ Middle Initial	_____ Date of Birth	_____ Grade
_____ Address		_____ City	_____ Zip Code	
_____ Parent/Guardian 1		_____ Phone #1	_____ Phone #2	_____ Phone #3
_____ Parent/Guardian 2		_____ Phone #1	_____ Phone #2	_____ Phone #3

If the student's parents cannot be contacted, please notify:

_____ (1) Name	_____ Phone	_____ (2) Name	_____ Phone
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INSURANCE INFORMATION

_____ Insurance Carrier	_____ Policy #	_____ Group #	_____ Primary Person Insured
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Allergies: Life-threatening _____ Other _____

Asthma Epi Pen Current Medications _____
 Diabetes Orthopedic Last DT/DPT Immunization _____ (mo) _____ (yr)

The following statement releases the Cherry Creek Schools of financial responsibility in case of accident/injury to my son/daughter while he/she is participating in interscholastic activities.

I fully understand that Cherry Creek Schools does not provide accident or health insurance coverage for my son/daughter while he/she is participating in interscholastic activities. However, accident insurance is made available by the School District through an authorized agent. I further understand that it is my responsibility to provide health/accident insurance coverage for my son/daughter.

AUTHORIZATION STATEMENT - I do hereby authorize officials of the Cherry Creek School District to contact directly the persons named on this card in an emergency for the health of said child. In the event that parents/guardians or other persons named on this card cannot be reached, the school officials are hereby authorized to take whatever action is deemed necessary in their judgment for the health of the aforesaid child. If there is a medical emergency and the school is unable to reach me, I understand that 911 Emergency will be called and my child will be transported by ambulance to the designated medical facility or the nearest medical facility and given medical treatment by a qualified physician at my expense.

My signature indicates that I have read and understand the authorization statement I agree to the statement as written.

Signature of Parent/Guardian

Date



LAREDO MIDDLE SCHOOL ATHLETIC CODE OF CONDUCT

Representing our school, as a member of a sports team is a privilege that student athletes must accept with a full sense of responsibility. Along with this, it should be understood that you represent our school, and the image one demonstrates will be regarded as the standard for the school. It is the desire of the school administration and the involved coaches that the image for Laredo Middle School is of a positive nature, and one that will enhance the image of LMS both inside and outside our community. This accepted kind of behavior and attitude is expected to be shown in the classroom, school, and on the field or court. Our expectations are that every participant follows these expectations. This will ensure a positive experience for everyone involved.

- A. General Behavior
 - a. Language: The use of profane or improper language is not acceptable. Extreme verbal outbursts show a lack of self-control and immaturity; these reflect on the school as well as the individual.
 - b. Attitude: There is an expectation that all athletes be courteous, mature, cooperative, and respectful at all times. Individuals should conduct themselves with the knowledge that they, alone, are responsible for their own actions.
- B. Uniforms, practice/game appearance
 - a. This includes proper practice uniform and an orderly appearance for all games, as well as the immediate return of all uniform items issued.
- C. General Commitment
 - a. Academics: Realizing that academics are the priority of the middle school years, students are expected to maintain acceptable standards of academic achievement. Academic responsibilities include attendance, punctuality, cooperation, appropriate behavior, respect for teachers and fellow students, and a genuine effort on all class work, homework, and tests. Individuals struggling in a subject should seek extra help and may be directed to after school tutorials in place of practice.
 - b. Practices and Games: Team members must demonstrate a commitment to the program by attending practices and games and must be on time everyday. Regular practice includes being on time, properly dressed and assisting with equipment needs.

Parents/Guardians who attend their sons/daughters' games are encouraged to support our Code of Conduct. While attending games and supporting your children, parent behavior should be in line with the expectations we have in our code of conduct for our athletes.

Any disregard or violations of the code of conduct could result in suspension or removal of the student from the activity that he/she is involved in.

I have read the above code of conduct and will abide by them to ensure that my participation in the activity is a positive and rewarding experience.

Student Name

Parent/Guardian Signature

Student Signature

Date