

Track Gear and Apparel:

1. **Team Store: Orders must be in before March 26th!**
 - a. Follow the QR code to see the team store. You and your family can order anything you want!
 - b. **Mandatory items:** ALL students will need to purchase from the store:
 - i. The "Badger Ombre Tee." This will be our team warm up shirt.
 - ii. A pair of men's or ladies track shorts unless you own a pair from last year.
 - c. Order issues?
 - i. Please contact: scott@tntsalespromo.com

<https://riversidetrack23.itemorder.com/shop/sale/>



2. Athletic Annex:

- a. From March 16-18, Riverside track athletes will receive 20% off their purchase at Athletic Annex, with some exclusions. This offer includes families and coaches as well. Athletic Annex carries a wide variety of running and walking shoes, spikes, apparel, and accessories to set your season up for success.
- b. This is not mandatory but is a good resource to buy equipment with a discounted price.

Riverside Junior High School 2022 - 2023 Track (Coed Varsity)

Date	Event	Type	Start Time	Location	Depart
Thu Apr 13	Carmel Middle School	DM	5:30 PM	Riverside Junior High School (RSS Track)	Home
Mon Apr 17	Clay Middle School (Carmel)	3wm	5:30 PM	Riverside Junior High School (RSS Track)	Home
Thu Apr 20	3-Way Meet N.W. and Horizon	3M	5:30 PM	Riverside Junior High School (RSS Track)	Home
Tue Apr 25	Mount Vernon Middle School	3wm	5:30 PM	Mount Vernon Middle School	Away 4:30 PM
Thu Apr 27	Westfield Middle School	3wm	5:30 PM	Westfield Middle School	Away 4:30 PM
Mon May 1	Fishers Junior High School	DVM	5:30 PM	Riverside Junior High School	Home 4:40 PM
Tue May 2	Fall Creek Junior High School	DJM	5:30 PM	Fall Creek Junior High School	Away 4:40 PM
Thu May 4	Clay Middle School (Carmel)	CR	6:00 PM	Carmel High School	Away 4:30 PM
Mon May 8	Hamilton Heights Middle School	DM	5:30 PM	Hamilton Heights Middle School	Away 4:30 PM
Thu May 11	Park Tudor High School	M	5:30 PM	Riverside Junior High School (RSS Track)	Home
Fri May 19	Hamilton County T & F Championships	CC	5:30 PM	Hamilton Southeastern HS (Hamilton Southeastern High School)	Home 4:30 PM

RJH Track and Field 2023

Registration: All athletes must be registered for track through the athletics page found on the following link: <https://websites.eventlink.com/s/rjh/Article/534>

This registration includes having a current sports physical on file as part of the registration. Athletes **may not** participate without registering and having the sports physical on file.

Questions about the registration: contact our athletic director Mr. Mozingo at mmozingo@hse.k12.in.us

Communication: athletes and parents will be notified via Parent Square and emails any information that is sent from the coaches.

Practice Logistics:

*Practice for the full team will begin on Monday, March 20. (CAMP T week for 7th graders.)

***Required** practices will take place five days a week, Monday- Friday and end **promptly at 5:45** p.m. (Friday practices may be for only certain practice groups and not the full team.)

* **Athletes must be picked up on time at 5:45.** Pick-up will be in the back parking lot, outside of door 12. Athletes **are not to be** picked up in the front parking due to supervision needs.

*On practice days, athletes should go directly to the locker rooms after school to change and then report to the bleachers outside door 12 for our pre-practice meeting.

Parent Meeting: We will have a (tentative) parent meeting on Monday, March 27th at 5:45 p.m. in the RJH LGI room.

Meet Schedule: The track meet schedule can be found on the RJH website

Coaching Staff:

*Coach Beeghly: Sprints Coach

jbeeghly@hse.k12.in.us

*Coach Mozingo: Distance Coach

amozingo@hse.k12.in.us

*Coach Puff: Throws Coach.

chad.puff@gmail.com

*Coach Cooke- Distance/sprints

gcooke@hse.k12.in.us

*Coach Ogle: Jumps/hurdlers Coach

nogle@hse.k12.in.us

FAQ for RJH Track

May I participate without a physical on file even if my Dr. appointment is scheduled soon?
No, you must have a physical on file to participate!

May I participate in another sport while track is going on?
Yes- but you will need to make a commitment to the track team to be at meets and most practices.

May I participate in any events I want to for the meets?

No- position coaches will determine what events you will compete.

I have never run track before.... Will that count against me?
No – we do not care whether you have ever run track.

Are there any costs to running track?
Yes- fees will be assessed by Mr. Mozingo -will ask each athlete to pay an equipment/uniform fee- shorts you keep jersey stays with school- sweat pants and tops may be ordered as well.

Should I have special shoes for track?
Yes- sprinters-hurdlers-LJ- HJ should have spikes. However – they are not required

At home and away meets – do I have to stay for the whole time?
Although we would like for athletes to support their team to the final event, participants may leave once their events are over if they have transportation available. At AWAY meets – it is absolutely required that your parent/guardian check out with your position coach.

What if I don't like it after the first few days- may I quit?
Yes- we don't want athletes who do not like track to stay with it if they don't like it.

I don't have reliable transportation all the time – what do I do?
Talk to one of the coaches – you **must** have rides home but if parents work or have limited times to pick you up, we can help you find others who might take you home. You must talk to the coached about this AHEAD of time, though. You must have a ride already arranged BEFORE attending practice.

What if I fail some classes in the 3rd nine weeks?
Every student-athlete will need to be academically eligible to be a member of the track team. See Mr. Mozingo at lunch if you have concerns about whether you will be eligible or not.

May I change events during the season?
Yes- you and your coaches will help you decide on what events to do.