



# **CPMS TRACK & FIELD 2023**



## **WHO?:**

6th - 8th grade athletes who are willing to work hard, are coachable (take criticism and work to improve) and can have fun while giving their best

*>Coaches are not here to babysit! Do not show up if you are not going to work.*

## **WHAT?:**

TRACK (running events) & FIELD (throwing and jumping events)

*>Coaches are not here to babysit! Do not show up if you are not going to work.*

## **WHERE?:**

On the track or in the fieldhouse (depends daily on the weather)

## **WHEN?:**

### ***VOLUNTARY CONDITIONING IN FEBRUARY!***

*Tuesdays & Thursdays right after school until 5:00 pm!*

*February 7th, 9th, 14th, 16th, 21st and 23rd*

*These sessions are VOLUNTARY, which means that you do not HAVE to be there to be on the track team, but it sure does help you get ready for the season and lets the coaches get to know what you can do...so be there!*

***THEN...***

**Mandatory Track Practices will begin on Monday, February 27th!**

***(Mandatory means you HAVE to be there!)***

***Practices will be right after school until 5:00 pm***

See the Track website for a complete schedule!

**[cpmstrack.weebly.com](http://cpmstrack.weebly.com)**

## **WHY?:**

There are 3 reasons to “Do Track”:

1. To challenge yourself to be better today than yesterday by setting new *personal records* (“PR’s”) throughout the season
2. To represent yourself, teammates, coaches, school & family well
3. To have fun

**>While there is a social aspect of this that can be enjoyed with friends, we are a COMPETITIVE team that trains hard. Do not show up if you are not going to work.**

## **WHAT NOW?:**

1. Talk to your parents and make sure you/they can make the time commitment
2. **MAKE SURE TO GET YOUR PHYSICAL ON FILE BY FEBRUARY 24th!**
3. Sign Up by completing the Google Form you received in Google Classroom
4. Join the Track Google Classroom (**g2xu4im**) and mark the website as a favorite.

**\*ANY QUESTIONS? EMAIL COACH BEERS: [dbeers@cpcsc.k12.in.us](mailto:dbeers@cpcsc.k12.in.us)**

**Track Website: [cpmstrack.weebly.com](http://cpmstrack.weebly.com)**

\*The track website will have ALL the information that you will need and more about the CPMS Track & Field Team! Please use this as your primary resource if you have questions.

**Track Google Classroom: [g2xu4im](https://classroom.google.com/join/g2xu4im)**

\*This will be a second method to get information to the team.

**REMIND101: <https://www.remind.com/join/d9dkfh>**

\*This will be a quick way to get information to parents, especially concerning changes in schedules due to weather. Please join!

