



Jane Addams Junior High School

7th Grade Track & Field

Permission Form

In order to tryout, the attached **7th grade track & field permission form** must be returned by **TUESDAY, MARCH 29, 2016** to be eligible for tryouts.

Please return the **permission form** to **MR. GLESNE** or **MISS RIVKIN.**

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In order to tryout, a properly completed **physical examination form** must be on file with the **school nurse** by **WEDNESDAY, MARCH 30, 2016.**

Please return the **physical examination form** to the **NURSE.**

7TH GRADE TRYOUTS will be held on
THURSDAY, MARCH 31 & FRIDAY, APRIL 1 from **2:15-4:00.**

TRYOUTS

- There will be 2 days for tryouts. There will be an **activity bus** at 4:00pm for bus students.
 - **Students must be at both tryouts to be eligible to make the team.**

PRACTICES

- Practices for track and field will be held Mondays, Tuesdays, Thursdays, and Fridays from **2:15 - 4:00.**
- There are **NO Wednesday practices.**
- The first day of practice is **Monday, April 4.**
- The season will last from **April 4** through **May 17, 2016.**

**Any questions, please contact Coach Glesne or Coach Rivkin.*

NathanGlesne@sd54.org

Phone: 847/357-5894

AliyahRivkin@sd54.org

Phone: 847/357-5905

Interscholastic sports

It is the philosophy of the District 54 interscholastic program to provide a variety of opportunities to teach values in a competitive atmosphere while enhancing total fitness and character through organized activities. District 54 believes that interscholastic activities are an integral part of the educational process and allow for the development of skills in both group and individual experiences. The district believes that students participating in interscholastic sports will embrace the PBIS model: BE ADDAMS - Be responsible, Be respectful, Be safe during their school hours and in their community at large.

Physical examinations for students participating in interscholastic sports

Board policy JHCE states: physical examinations will be required for any student to tryout for a team and participation in scheduled team practice or competition. A complete physical examination by a licensed physician, advanced practical nurse or physician assistant will cover a period of one (1) year from the date of examination. A student's physical must be completed with proper forms and must be submitted to the school nurse.

Athletic program participation insurance coverage requirement

If you do not elect the insurance coverage made available to families by School District 54, a comparable insurance plan is required before your child may participate in any interscholastic sports program. Your **signature** on the permission form will indicate that these requirements have been met.

LIVE ABOVE THE LINE - TEAM EXPECTATIONS

Eligibility

- **Academics** come first.
 - Earn good grades. Complete all homework on time, study for tests and always try your best in your classes.

Practice starts at 2:25 in the gym. Be on time.

- **Be dressed** – wear PE clothes and gym shoes for practices. Have **warm clothes** available at all times!
 - **Sit** with your team for attendance and listen to instructions.

Warm-ups/practices

- **Best effort** is always expected and anything less than your best will not be accepted.
 - You should be “running” during warm-ups and at practices because you’re on the **track and field** team!

If you need to miss a practice:

- Your **parent/guardian** needs to **write a note or email** explaining the circumstances for missing the practice.
 - Make sure to personally give it to **your coach** at least **1 day prior** to the practice.

Buses leave for meets by 2:30. Be on time.

- **Be dressed** – wear Addams’ issued uniform in order to compete at meets.
 - **Lost or damaged** uniforms cost **\$40.00** to replace.
- Have **warm clothes** available at all times!
 - Under Armour has to be navy, white or black.
- Spikes are NOT allowed.
- **Bring food and water** for yourself - meets can last 2- 3 hours.

At the track meet:

- **Sit** with your team in **designated area**, please **stay out of the infield** unless you are running an event, injured or leaving.
- **Track and field events**
 - **Listen** carefully for your event - there will be a first call, second call and last call.
 - Do NOT miss your event for any reason.
- **Field events** make sure to **check-in** with the adult running the event at the **beginning** of the meet.
- **If you need to leave before the end of the meet with your parent/guardian:**
 - Find your coach at the meet.
 - Your parent/guardian will need to sign you out. If you need to go home with **another “parent/guardian”**, please bring a note that states: who and when.
- **Listen to all adults at all times.**
 - Whether it’s an Addams coach, a chaperone, a coach from another team, etc... if you’re asked or told to do something please do it immediately.
- **Use appropriate language at all times.**
 - We should not hear nor should we be told by others that you are using profanity. Remember, “Be Addams” at all times.
- **Demonstrate good sportsmanship.**
 - Whether you win or lose, shake hands or say good job to your competition.
- **Keep area clean.**
 - Garbage cans and bags are always available. We will check our area before you can get on the bus to leave. Please take the initiative to start cleaning up before an adult needs to tell you to do it!

IMMEDIATE DISMISSAL FROM THE TEAM FOR:

Any unexcused practices or meet absences
Stealing
Inappropriate or disrespectful behavior

3 STRIKES AND YOU’RE OUT:

Eligibility issues
Poor practice habits

7TH GRADE TRACK & FIELD PERMISSION FORM



(Please return to **Coach Glesne** or **Coach Rivkin**)

Student name: (please print) _____ has permission to participate in track & field. We have reviewed the track & field expectations and understand the requirements needed to “live above the line”.

YES, my child has a physical on file with the school nurse.

✓ **Date of physical** _____

NO, my child does **not** have a physical on file with the school nurse.

✓ **Physical scheduled for** _____

It is our goal to ensure the health and safety of our students. This year, we are requiring permission for students to be able to participate in and eat the following food items:

- Freeze pops, flavor-ice popsicles during practices.
- McDonald’s Dollar menu items for the last boys’ practice.
- Slurpees from 7 Eleven or ice cream from Sprinkles for the last girls’ practice.
- Cheese pizza from Rosati’s for our team party.

Please list any food allergies: _____

YES, my child has my permission to participate in the food activities.

NO, my child does **not** have my permission to participate in the food activities.

If your son/daughter is interested in purchasing a **TRACK & FIELD T-SHIRT**, they are **\$10**.

- Please **circle** the size below, these are adult sizes. **Cash** or **checks** made payable to Addams.

S **M** **L** **XL** **XXL**

Parent name: _____

Phone number: () _____

Email: _____

Parent signature: _____

Student signature: _____