



2020

Practice

- Practice will occur after school Monday, Tuesday, Thursday, & Friday from 3:30-4:45
No Wednesday morning practice as of now, but **this is subject to change as this is the first time we are trying this schedule.**
- Come dressed in running shoes and PE/Athletic clothes EVERY Practice.
- BRING WATER!!!! Drink a ton of water every day! Start with a glass at breakfast.
- Label (athlete name) anything that will be brought to practice or left in the locker room.

Meets

- Team jerseys (tank top) will be provided to all athletes. Students will need to wear black shorts during meets. If they do not like the tank top they can wear a White undershirt if needed. If shorts are not black or undershirt white they will not be able to compete. We are a team and need to look like a team when competing.
- Students must be ready to go as soon as possible after school to catch the bus for away meets.
- Students will meet on the track for home meets as soon as possible.
- Students are **REQUIRED** to help set up and take down equipment for the home meets.
- All MEETS start at 4:30 and go until dark.
- Students will be bussed to all away meets. Parents will need to provide rides home from all away meets.
- Meet dates- Tuesday and Thursdays- schedule can be found on the Kyrene Athletics website
- Conference Meet is April 15th at Desert Vista HS (only the top 4 athletes in each event will participate).
- On meet days be sure to eat healthy meals and drink a lot of water.

Parents

- Sign up for Remind and join our class KMSTrack&Field by texting @trackkms20 to 81010 for important reminders.
- E-Mail- We need yours! Please go to the KMS Track & Field website and sign-up for our Email communication list. [Link is on bottom of main page.](#)
- Important information is sent out via email and the remind app, so please make sure we have yours!
- HELP NEEDED!!! We will need parent volunteers at all home meets and 2 at the Conference meet. The meets will not happen if we don't have help. No experience is required. To sign up, please click the following [SignUpGenius Link](#)
- We are looking for parent volunteer coaches. If you have any experience with Track and Field and have time to help please contact Coach Hennings at shennings@kyrene.org. Please state your name, your child's name, your experience, and what events you feel comfortable coaching. The more coaches we have for each event the better experience it will be for the students.

We are excited to be coaching track this year and are looking forward to the season. Track requires hard work and students will get what they put into it. We are here to help them progress and encourage them to push themselves to become better athletes. If you have any questions, please let us know.

Coaches Hennings, Amore, Escobedo, Krause, & Walker