



**2010
HADLEY WILDCAT
TRACK FACTS**

1. A doctor's signed physical form is due by April 5th. **FIRST PRACTICE March 23rd**

2. Plan on practice being held every day until 4:30-4:45. If you are involved in baseball, football, or soccer, you may still be able to participate in track. Check with your track coach.

Mr. Dixon: 8th grade boys coach.

Mrs. Hopkins: 8th grade girls coach.

Mrs. Odom: 7th grade girls coach.

Mrs. Maher: 7th & 8th boys and girls distance coach.

Mrs. Heskin 7th boys coach and boys & girls shot and discus

Ms. Vichio: 7th & 8th grade boys and girls assistant coach.

3. **Practice starts a few days before spring break, March 23rd & 24th.** **Practice will be held DAILY AFTER spring break.**

4. No one is cut from the team. If you are on the team, you may participate in all the **home duel meets.** Since bus space is limited and most schools that we visit limit the number of entries, you must qualify for an away meet.

5. You are expected to attend every practice. If some emergency occurs and you need to miss a practice, you will need a written excuse from a parent. If you fail to get a note, you will not be allowed to compete in the next meet.

6. Track spikes are not required, but you may want them for a better performance. **Run Today** at 476 N. Main St. Glen Ellyn. <http://www.run-today.com/index.html> or **Dick-Pond Sporting Goods** in Carol Stream is a good source for shoes. <http://www.dickpondathletics.com>

7. Warm clothing at all meets is highly recommended. **You will not be allowed on the bus without a winter coat and sweat clothes if the weather is in the least bit cool.**

8. It will be necessary to buy your own track shirt for \$6.00. The order must be turned in by March 24th. Your regular black P.E. shorts must be worn during a meet. **This check must be separate from the participation fee's check. Please make check payable to Hadley Jr. High.**

9. During Spring holidays, you should do the workouts. Sprinters, especially, will be extremely sore or injured by the first meet if they fail to do so.

10. Track events include: 100, 200, 400, 800, 1600 meters, 4x100 relay, 4x200 relay, 4x400 relay, and low hurdles. Field events include: long jump, high jump, triple jump, shot put, and discus.

11. Holiday workout: **Sprinters and jumpers**-To be done at least 5 days-Jog 8-10 min.

Stretch the front and back of legs.

Run 100 yd's at 3/4 speed with a 100 yd. walk for a rest

Repeat sprint/walk 2 more times. Jog easy for 4-5 min.

Distance runners - Run continuously for 15 minutes. Each day, do some short, fast running with rest in between. Do the faster running after the continuous run. Do this at least 5 days.

12. Students are required to pay a **\$7.50** (3rd activity) and **\$3.00** (4th physical and waiver warm ups may return the warm up when the order check **MUST** be separate.



\$30 participation fee (for 1st/only activity). **\$15** (2nd activity) activity). When fees are paid along with signed athletic code, be issued to the participant. Students are responsible for season is over. **The participation fee's check and the shirt Please make checks payable to Hadley Jr. High.**

13. **In order to receive a track certificate at Honors Day, you must participate in all home duel meets and any away meet in which you qualify.**

TRACK TEAM CHECK LIST

- ___ Track Facts (keep at home)
- ___ Track team meet schedule (Keep at home)
- ___ Athletic code. pages 1-2 (keep at home)
- ___ Signed athletic code. Page 3. (turn into coach)
- ___ Shirt order form and check along with the activity fees check. Two separate checks please. (turn into coach)
- ___ Signed waiver and release form (turn into coach)
- ___ Doctor's signed physical form. (turn into coach)



2010

HADLEY WILDCAT TRACK MEET SCHEDULE

DATE	DAY	LOCATION	OPPONENT
4/12/10	MONDAY	@ GLENBARD WEST	JEFFERSON VILLA PARK
4/15/10	THURSDAY	@ GLENBARD WEST	BRYAN ELMHURST
4/19/10	MONDAY	@ GLENBARD WEST	INDIAN TRAIL ADDISON
4/23/10	FRIDAY	@ GLENBARD WEST	JACKSON VILLA PARK
4/26/10	MONDAY	@ GLENBARD WEST	HADLEY INVITATIONAL COOPER – HUBBLE – PERCY JULIAN – JAY STREAM – KENNEDY
5/3/10	MONDAY	@ GLENBARD WEST	STRATFORD CAROL STREAM
5/11/10	TUESDAY IF NEEDED RAIN DATE Wednesday 5/12	@ WHEATON COLLEGE	CONFERENCE <u>Prelims</u> 5/12---RAIN DATE
5/13/10	THURSDAY IF NEEDED RAIN DATE FRIDAY 5/14	@ WHEATON COLLEGE	CONFERENCE <u>FINALS</u> 5/14---RAIN DATE

- Athletes must have the following information turned in to compete in a meet: Waver and release form, Track Shirt, Physical and Athletic fee.
- Students can be picked up at away meet locations only by a parent or guardian. Parents must inform coach when signing out student to go home.
- Students **CAN NOT** ride home with another track athlete unless he/she has a written note from a parent or guardian granting permission
- There will be no bus transportation for home meets. All home meets are held at the Glenbard West Track.



Dear Parents of Hadley Student Athletes,

Congratulations are in order for your child for being selected to represent Hadley Junior High School on an interscholastic sports team. Being chosen for the team recognizes your child's natural ability and motivation. It is our hope that the season will be successful and enjoyable. Please read the following district policy related to our interscholastic sports programs:

PHILOSOPHY

School District 41 offers a variety of extracurricular programs to provide additional opportunities to students. Participation in these activities is highly encouraged but remains a privilege. Students choosing to participate in these activities bear the responsibility of representing their school both in the community and at school. These extended responsibilities include holding students who choose to participate to a higher standard of conduct as a condition of participation. The goals of an extracurricular program encompass development of healthy living habits, discipline, leadership, teamwork, citizenship skills and respect for structure, rules and responsibilities. Individual initiative, character and teamwork will be enhanced when there is team cooperation with established procedures. We believe this Code will help make participation in our extracurricular program a strong and enduring learning experience. District 41 staff remains committed to developing the whole child.

PURPOSE

All students involved in extracurricular activities shall comply with these rules and regulations and conduct themselves in a manner that will bring credit and honor to themselves, their schools and their communities. The Code sets forth specific rules for student participation in extracurricular activities and guidelines and procedures to be followed for violations of the rules.

REQUIREMENTS FOR PARTICIPATION

In order to be eligible for participation in extra-curricular activities, students must observe the standards of behavior set forth in the District's discipline policy. In addition, students must maintain grades which are in accordance with the student's ability. Teachers will notify coaches whenever a student's performance does not match his/her ability level and when they feel a student is not putting forth the effort needed to succeed. When a teacher identifies a problem with an individual student, the coach will consult with that teacher to determine if effort has improved. If no improvement is noted within two weeks, students may be barred from continued participation on the team or in the extra-curricular activity in question.

PROHIBITED MISCONDUCT

Misconduct that is contrary to the philosophy and purposes of this Code is prohibited. Some examples of misconduct include, but are not limited to, possession of, delivery of, or being under the influence of prohibited substances; possession or use of tobacco; illegal acts; gross insubordination; assault; battery; reckless behavior; extortion; hazing; major school disruptions; bullying; sexual harassment; theft; fighting; vandalism; mob action; gang affiliation; and possession of weapons and/or "look-alikes;" or assisting in any of the foregoing prohibited activities.

APPLICATION OF CODE

This Code of Conduct is in effect 24 hours a day, 365 days a year. It applies to incidents of misconduct on or off school property, whether in season or not, and whether school is in session or not. Violations of the Code accumulate throughout a student's school career. Violations of the Code that are not related to a student's attendance at school or participation in a school activity or event are limited to incidents of misconduct verified by District 41 staff, law enforcement agencies or an admission of guilt. Direct reports from law enforcement agencies of illegal activity will be investigated. Anonymous or secondhand reports of possible violations generally will not be investigated absent substantive confirming information. A Code violation is verified if, by the information available, it appears more likely than not that a Code violation has occurred.

The consequences for misconduct in violation of this Code are separate from and in addition to those assigned for violating school rules, school district policies and the law. The Code in no way limits the authority of the administration or the Board of Education to impose other or additional consequences in accord with school rules and district policies.

PROCEDURES

The following procedures generally will be followed in enforcing the Extracurricular Code: 1. Upon completion of an investigation, information about an incident is given to the Principal.

2. The appropriate administrator will interview the student and a parent will be notified.

3. The Principal will schedule a hearing within three (3) school days of the completion of the investigation of the misconduct before the Review Board*. Parent(s) or guardian(s), students and other appropriate school staff will be invited to participate in the hearing.

4. The Review Board will consider all the relevant information and apply consistent and reasonable consequences appropriate to the circumstances, including prohibiting the student's participation in practices and rehearsals.

5. The student or his/her parent or guardian may request a review of the Review Board's decision by the Principal. This request must be made in writing to the Principal within five (5) school days of the student's receipt of the Assistant Principal's decision and must articulate the reason(s) that a review should be granted.

6. The Principal will determine if the decision should be upheld, reversed or modified. The Principal's decision is final.

***The Review Board is comprised of the guidance counselor, coach, club/activities sponsor, or other school personnel that are appropriate.**

CONSEQUENCES

Students who are found to have violated this Code of Conduct will be suspended from participation in extracurricular activities for a specific time, as decided by the Review Board. The Principal upon review shall have discretion to determine the severity of the consequences, based on the circumstances surrounding the misconduct. A student not involved in extracurricular activities at the time of the violation will be assigned a consequence beginning upon his/her next involvement in an extracurricular activity. A student may not, however, become involved in a new athletic activity solely to serve the assigned consequence, and the Principal may prevent a student from doing so by assigning a consequence to be served during the student's next involvement in his/her regular activity or activities.

Student/Parent Acknowledgment of Code

Students and their parents/guardians must return this signed form before a student is eligible to participate in District 41 extra-curricular activities.

I have read and understand the rules that apply to my participation in extra-curricular activities. I understand that in order to participate in athletic teams and other extra-curricular activities sponsored by District 41, I must follow the rules and expectations explained in the District's extra-curricular code of conduct.

_____ Student Name (printed)

_____ Student Signature ----- Date

I have read and understand the rules that apply to my student's participation in extra-curricular activities. I understand that the opportunity to participate in such activities is a privilege, and not a right, and that my student must adhere to the expectations outlined in the extra-curricular code as a condition of participation.

_____ Parent Name (printed)

_____ Parent Signature ----- Date

You should also be aware that your child is expected to leave the building 15 minutes after practices and games. Coaches have been told to supervise your child for this amount of time. After 15 minutes, your child will not be supervised by an adult. Your child has been instructed to notify you of the times they will be done with practice. Please know that the only adults in the building are our night custodians and they are often not in the areas where your children will be waiting for rides. We are always concerned when our students are left unattended for a long period of time. Everyone's cooperation will help prevent any problems.

I have received the letter and am aware of the fact that supervisors are available for only 15 minutes after practice.

_____ Parent Signature

TRACK SHIRT ORDER FORM

Name _____

Grade Level _____

Cost: \$6.00 (Make check payable to Hadley Jr. High) this check MUST be separate from the activities/participation fee check.

All Adult Sizes Small _____

Med. _____

Large _____

XL _____

MONEY IS DUE BY 3:30 ON MARCH 24th. No orders will be accepted after this time.

Activity Fees

This includes any and all activities that require a fee for the current school year.

Activity/participation fees should be turned into the coach, along with the signed Athletic Code, Activity Waiver and Physical Exam Form. Please be aware that some sports also require a team tee shirt purchase. Checks should be made out to Hadley Jr. High.

- PLEASE CIRCLE ATHLETIC FEE AMOUNT AND ADD TO YOUR SHIRT ORDER.**

First activity/sport: \$30

Second activity: \$15

Third activity: \$7.50

Fourth activity: \$3.00

SHIRT ----- \$ _____

ATHLETIC FEE \$ _____

TOTAL-----\$ _____

Glen Ellyn School District 41

Waiver and release of all claims for participation in:

Please read this form carefully and be aware that by enrolling your child in the above program you will be waiving and releasing all claims for injuries the participant may sustain.

Name of participant

Waiver and Release

In allowing my child to participate in the above Glen Ellyn School District 41 program, I recognize and acknowledge that there are certain risks of physical injury; and I agree to assume the full risk of injuries, damages or loss which my child may sustain as a result of participating in any and all activities connected with or associated with such a program.

I agree to waive and relinquish all claims I or my child may have as a result of participating in the program against Glen Ellyn School District 41 and its from injuries, damage or loss which may have or which accrue to me or my child on account of participation in the program.

I further agree to indemnify and hold harmless and defend Glen Ellyn School District 41 and it's officers, agents, servants, and employees from any and all claims sustained by me or my child arising out of, connected with, or in any way associated with the activities of the program.

In the event of an emergency, I authorize Glen Ellyn School District 41 to secure from any accredited hospital and or physician any treatment deemed necessary for my immediate care or for the immediate care of my minor child, and agree that I will be responsible for any medical services rendered.

Signed Parent or Guardian of Participant

Date

Student's Name Last First Middle				Birth Date Month Day Year		Sex	School	Grade Level/ ID #
-------------------------------------	--	--	--	------------------------------	--	-----	--------	-------------------

HEALTH HISTORY TO BE COMPLETED AND SIGNED BY PARENT/GUARDIAN AND VERIFIED BY HEALTH CARE PROVIDER					
	Circle one	Comments		Circle one	Comments
Diagnosis of Asthma? Wheeze/Cough During or After Play?	Yes <input type="radio"/> No <input type="radio"/>	Indicate Severity:	Loss of Function of One of Paired Organs? (Eye/Ear/Kidney/Testicle)	Yes <input type="radio"/> No <input type="radio"/>	
Birth Defects?	Yes <input type="radio"/> No <input type="radio"/>		Hospitalizations? When? What for?	Yes <input type="radio"/> No <input type="radio"/>	
Developmental Delay?	Yes <input type="radio"/> No <input type="radio"/>		Surgery? (List All) When? What For?	Yes <input type="radio"/> No <input type="radio"/>	
Blood Disorders? Hemophilia, Sickle Cell, Other? Explain	Yes <input type="radio"/> No <input type="radio"/>		Serious Injury or Illness?	Yes <input type="radio"/> No <input type="radio"/>	
Diabetes?	Yes <input type="radio"/> No <input type="radio"/>		TB Skin Test Positive (Past or Present)?	Yes <input type="radio"/> No <input type="radio"/>	* Refer positive response to the local health department.
Head Injury/Concussion/Passed Out?	Yes <input type="radio"/> No <input type="radio"/>		TB Disease (Past or Present)?	Yes <input type="radio"/> No <input type="radio"/>	
Seizures? What are they like?	Yes <input type="radio"/> No <input type="radio"/>		Tobacco Use (Type, Frequency)?	Yes <input type="radio"/> No <input type="radio"/>	
Heart Problem/Shortness of Breath?	Yes <input type="radio"/> No <input type="radio"/>		Alcohol/Drug Use?	Yes <input type="radio"/> No <input type="radio"/>	
Heart Murmur/High Blood Pressure?	Yes <input type="radio"/> No <input type="radio"/>		Family History of Sudden Death Before Age 50? (Cause?)	Yes <input type="radio"/> No <input type="radio"/>	
Dizziness or Chest Pain With Exercise?	Yes <input type="radio"/> No <input type="radio"/>		Dental • Braces • Bridge • Plate Other		
Bone/Joint Problems/Injury? Scoliosis?	Yes <input type="radio"/> No <input type="radio"/>		Other Concerns?		
Ear/Hearing Problems?	Yes <input type="radio"/> No <input type="radio"/>		Information on this form may be shared with appropriate personnel for health and educational purposes. Parent/Guardian Signature _____ Date _____		
Eye/Vision Problems? Glasses Contacts Last Exam _____ Other Concerns?					

TO BE COMPLETED BY MD/APN/PA (* INDICATES TESTING MANDATED FOR STATE LICENSED CHILD CARE FACILITIES OR SELECTED SCHOOLS AND PROGRAMS)					
Strongly Recommended Tests	Date	Results		Date	Results
Hemoglobin * or			Urinalysis		
Hematocrit *			Sickle Cell * (as needed)		

Lead Questionnaire* Completed? Yes No Date _____ Blood Test Indicated? Yes No Blood Test Performed? Yes No

TB Skin Test Recommended only for children in high-risk groups: includes children who are immunosuppressed due to HIV infection or other conditions, recent immigrants from high prevalence countries, or those exposed to adults in high-risk categories. See CDC guidelines. Date Read / / Result mm

PHYSICAL EXAMINATION REQUIREMENTS		HEIGHT	WEIGHT	B/P	HEART RATE
	Normal	Comments/Follow-up/Needs		Normal	Comments/Follow-up/Needs
Skin			Endocrine		
Ears			Gastrointestinal		
Eyes			Genito-Urinary		LMP
Nose			Neurological		
Throat			Musculoskeletal		
Mouth/Dental			Spinal Examination		
Cardiovascular/HTN			Nutritional Status		
Respiratory			Mental Health		

ALLERGIES (Food, drug, insect, other)	MEDICATION (List all prescribed or taken on a regular basis.)
NEEDS/MODIFICATIONS required in the school setting	DIETARY Needs/Restrictions

SPECIAL INSTRUCTIONS/DEVICES e.g. safety glasses, glass eye, chest protector for arrhythmia, pacemaker, prosthetic device, dental bridge, false teeth, athletic supporter/cup

MENTAL HEALTH/OTHER: Is there anything else that you think the school should know about this student?

If you would like to discuss this student's health with school or school health personnel, check title: • Nurse • Teacher • Counselor • Principal

EMERGENCY ACTION needed while at school due to child's health condition (e.g. seizures, asthma, insect sting, food, peanut allergy, bleeding problem, diabetes, heart problem)?

Yes No If yes, please describe: _____

On the basis of the examination on this day, I approve this child's participation in: _____ (If No or Modified, please attach explanation.)

PHYSICAL EDUCATION Yes No Modified INTERSCHOLASTIC SPORTS (for one year) Yes No Limited

Physician/Advanced Practice Nurse/Physician Assistant performing examination

Print Name _____ Signature _____ Date _____

Address _____ Phone _____