

**** PLEASE RETURN PINK FORM ****

SALMON BAY SPRING TRACK

March 7th 2018

Dear Parents and Guardians of Salmon Bay Track Team All Stars,

Welcome to the Salmon Bay Track Program! We (Mr. G and Megan) have been running the track program for 7 years now and we love our track team. Teaching aspects of team building, connection, goal setting, having fun, overcoming challenges, gaining independence and showing up are all reasons why we keep doing this. This year, we are excited to be joined by a Salmon Bay alumni and current Senior at Nathan Hale ~~student~~, Jackson Ratcliffe. Jackson ran with the Salmon Bay track team and the Nathan Hale Cross Country team for four years. He will be with our team for the season and is using the opportunity to carry out his Senior project of encouraging mentoring, connection and good health commitments early on through athletics.

Coaches: Coach Domingo Gomez, Asst Coach, Megan Ratcliffe, Student Volunteer, Jackson Ratcliffe

FORMS: The forms are due as soon as possible. Thank you. *(Track Swag / OST Form included)*

- o Physical by a physician – Physicals are good for 2 years from exam date. Forms are available from Seattle School District Website, under Middle School Athletics
- o School Permission Slip - Pink with your contact information. This form allows us to take your athletes over to Ballard High School to train on a proper size track.

PRACTICE INFO:

TIMES AND LOCATIONS: Tuesday and Thursday 3:30 – 4:40.

We will begin and conclude practice at Salmon Bay. We would like students to attend both practices. If there are issues that prevent athletes from practices, please email coaches below.

HEALTH AND CARE: Wear good running shoes.

Take care: Students will work hard at track practice so it is important for them to **take good care of their bodies**. We encourage students to stretch regularly, drink lots of water, eat healthy, and take a twenty to thirty minute run over the weekends. Healthy habits begin now.

Dress in Layers: Students should **come to practice dressed in layers** since, as we all know, the weather is unpredictable, especially this time of year. For practice, students should at least bring a wind breaker or light fleece top that they can tie around their waist when they are hot and put on when they are resting.

SNACKS AND FUEL: We need help and funds to cover and prepare snacks. **Contact Megan**

Snacks after track practice started a few years ago, when we had 8 runners. We now have 50 + runners and the excitement about snack is larger than ever. We try to offer something healthy and simple to offset the large energy output of training, after practice and before they land at home, hungry and irritable. This becomes a challenge for 50+ kids. If possible please donate \$10 so the coaches can provide snacks. We would love ANY snack help. Contact Megan if can help.

PERSONAL BELONGINGS: Be mindful where cell phones get stored

Students need to **keep their belongings locked up** either in their school locker or in a gym locker. Keeping items safe during practices is the student's responsibility. Please go over the responsibility of electronics and phones and where the best location might be to store those items during practice.

SATURDAY TRACK MEET INFO: Times to be determined

MEETS: Saturdays, Nathan Hale High School and SW Athletic Complex.

WHAT TO WEAR: On meet days, students should **wear pants over their shorts and a warm top** to warm up in. The athletes should be warm just before they start their race and remove their extra layers just minutes before start time. Students will wear **Salmon Bay jerseys and black shorts** as uniforms for meets. An order form for SB Track Sweatshirts will be coming home in the next few weeks. This gear is optional.

TO BE ELIGIBLE: In order to be eligible to attend and run in meets, students must maintain a C grade average in every core class, attend at least two practices the week of the meet and have no discipline issues. If students have a below C average, a core teacher can sign off on the grade to acknowledge that work is being turned in or another arrangement has been made.

TRANSPORTATION: Please plan to transport your runner to either site and plan to arrive 30 minutes before the start of the meet.

PARENTS – WE NEED YOU!! Come support us at our meets!

We need you to cheer us on. Take some photos!

Snacks needed and appreciated for games! We hope to have parents bring a small serving of snack for about 30 kids on meet days. Crackers, fruit and vegetables are some ideas of items to bring. Please let me know by sending me an email if you would like to **sign up to bring a snack** for a meet. Let me know which meet date is best for you and I will put together a schedule.

TRACK DATES – Locations and Times TBD

Saturday, March 31st

Saturday, April 21st

Saturday, April 28th

Saturday, May 5th (Qualifying Meet)

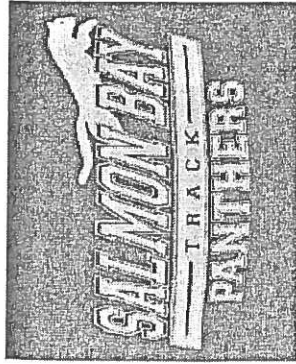
Thursday, May 12th

Please let us know if you have any questions or concerns and we would be happy to answer them. We look forward to seeing you at the track meets. Questions are best sent to Megan at the below email.

Thanks for reading the Track News,

Coach, Domingo Gomez, dmgomez@seattleschools.org

Asst. Coach, Megan Ratcliffe, mcratcliffe@seattleschools.org 206-718-5217



TRACK TEAM APPAREL

BLACK HOODED SWEATSHIRT with the Panther Track logo.
Logo colors will be red and silver.

BLACK HOODED SWEATSHIRT

ADULT SIZE S-M-L-XL-XXL

\$25

--	--

NAME

\$5

--	--

ADD NAME TO BACK

PLEASE PRINT CLEARLY

CHECKS TO FOBS

TOTAL:

--

STUDENT'S NAME:

--

CONTACT PHONE #:

--

HOMEROOM TEACHER:

--

PLEASE NOTE THAT SWEATS ARE NOT REQUIRED FOR TEAM SPORTS AND ARE COMPLETELY OPTIONAL. THEY ARE JUST FOR TEAM & SCHOOL SPIRIT!

* ORDERS DUE TO MEGAN BY Friday, March 31st 2018

QUESTIONS?? CONTACT: Megan Ratcliffe mcratliffe@seattleschools.org



TRACK TEAM APPAREL

BLACK HOODED SWEATSHIRT with the Panther Track logo. Logo colors will be red and silver.

BLACK HOODED SWEATSHIRT

ADULT SIZE S-M-L-XL-XXL

\$25

--	--

NAME

\$5

--	--

ADD NAME TO BACK

PLEASE PRINT CLEARLY

CHECKS TO FOBS

TOTAL:

--

STUDENT'S NAME:

--

CONTACT PHONE #:

--

HOMEROOM TEACHER:

--

PLEASE NOTE THAT SWEATS ARE NOT REQUIRED FOR TEAM SPORTS AND ARE COMPLETELY OPTIONAL. THEY ARE JUST FOR TEAM & SCHOOL SPIRIT!

* ORDERS DUE TO MEGAN BY Friday, March 31st 2018

QUESTIONS?? CONTACT: Megan Ratcliffe mcratliffe@seattleschools.org

**MIDDLE SCHOOL OUT OF SCHOOL TIME
TRANSPORTATION AND PARENT PERMISSION FORM
TURN THIS FORM IN TO THE MAIN OFFICE**

Last Name _____ First Name _____ Grade _____ Student ID # _____

Address _____ Zip _____

A parent/guardian can be reached between 3:30 and 6:00pm at the following number(s):

NAME OF PARENT/GUARDIAN(S) _____

Home _____ Alternate# _____ Work _____

NAME OF PARENT/GUARDIAN(S) _____

Home _____ Alternate# _____ Work _____

Check the Sport:

- | | |
|---|---|
| <input type="checkbox"/> Girls Soccer | <input type="checkbox"/> Drama |
| <input type="checkbox"/> Ultimate Frisbee | <input type="checkbox"/> Boys Soccer |
| <input type="checkbox"/> Boys Basketball | <input type="checkbox"/> Girls Volleyball |
| <input type="checkbox"/> Girls Basketball | <input type="checkbox"/> Track |

Check the days that you need transportation:

- ☐ Monday OST Bus (sign up only if necessary)
- ☐ Tuesday OST bus (sign up only if necessary)
- ☐ Thursday OST bus (sign up only if necessary)

**BUS DEPARTURE TIME: 5:15 PM ON MONDAY, TUESDAY AND THURSDAY
NO BUS ON WEDNESDAY or FRIDAY**

Parent/Guardian Signature (Permission) _____ Date _____

Homeroom Teacher _____

Transportation: Be aware that it takes **7 business days** to get a bus stop. Please designate days that you need the bus, (MONDAY, TUESDAY and/ or THURSDAY). Bus routes are established by the Seattle Public Schools transportation department and are formed from the students ID number and address. Bus stops may be the student's regular location or closest proximity to his/her regular stop.

The OST BUS is funded by The Family and Education Levy.



Join the 2018 Salmon Bay Track Team!

Become a stronger runner

Get in great shape

Spend the afternoons with friends

Run races at Saturday afternoon meets!

Practice Days: Tuesdays and Thursdays. Practice starts Tuesday, March 13th, 2018

Practice Time/Place: East Gym 3:30 – 4:40

Athletes need a current physical (less than 2 years old) to participate.

Please return the permission slip below with parent's signature, best cell # and email for updates

Required forms:

- ✓ Permission Slip (This form)
- ✓ Physical – Current Physical (good for 2 years – available from Seattle School District Website – Student Athletic Physical Participation Form)
- ✓ OST form (if you ride the activity bus – Bus leaves Salmon Bay at 5:15)

Questions? Contact Megan R

Domingo Gomez, Head Coach, dmgomez@seattleschools.org

Megan Ratcliffe, Asst Coach mcratcliffe@seattleschools.org (206)-718-5217

Permission Slip to Leave Campus and Emergency Contact Information

Track students sometimes train at Ballard High School and/or go on runs around the neighborhood. Please provide your contact info below and sign this form to give your child permission to participate.

Student Athlete's name: _____

Medical Concerns or Allergies: _____

(Please add all the email addresses that need communication sent to)

1. Parent Name/Cell: _____

Email Address _____

2. Parent Name/Cell: _____

Email Address _____

Emergency Name/Contact in case parents cannot be reached _____

Signature: _____

Please return this form as soon as possible to Mr. G or Megan