

Dogwood Track Team

for 3rd, 4th & 5th



Teacher Sponsors: Linda Fredrick and

Cassidy Fernandez

Coach: Stacey Schwarzmenn

Dogwood Cross Country is recruiting beginner to advanced runners for the 2018 spring track season. Our track team will participate in the Memphis Youth Athletic league where we will tentatively run in seven meets against other elementary schools. MYA's tentative schedule is to have seven track meets on Saturday's beginning March 10th through May 12th. The meets will be around 4 hours long, where some meets will take place from 10 a.m. to 2 p.m. and other meets will take place from 1 p.m. to 5 p.m.

What Are the Events?

- 1600m (4 laps around the track)
 - 800m (2 laps around the track)
 - 400m (1 lap around the track)
 - 200m
 - 100m
- | |
|-----------|
| Shot Put |
| High Jump |
| Long Jump |



Practices will start on Sunday, February 18th. They are tentatively scheduled for Wednesday evenings at 6:00 and Sunday afternoons at 3:00. Practice is strongly encouraged, but it is not necessary to be at every practice to be part of our team. We realize that your children may have other commitments, and we are flexible. Parents are always welcome and encouraged to run with us at practice and help supervise.

The fee for joining the track team is \$65. If you are new to our team and do not have a uniform, you will need to order one. For returning runners, you may order shorts or a short sleeve tech shirt if you would like. Good running shoes are a must-have to participate on a running team. Fleet Feet and Breakaway are great resources to find appropriate shoes for your child.

Track Registration Instructions:

- Go to www.myschoolbucks.com (the same site as GMSD uses for lunch deposits).
- Log in with your username (e-mail address) and password OR use the SIGN UP TODAY! link if you do not already have an account.
- Once you have logged in, you will see the DOGWOOD TRACK/CROSS COUNTRY TEAM REGISTRATION Option on the Landing Page (you may need to scroll down to see the FEATURED ITEMS).
- After clicking on this box, you will be taken to PRODUCT DETAIL Page for the Team Registration. *Please read the details carefully.*
- Once you have completed the TEAM REGISTRATION, you may need to purchase the required singlet or to purchase the other items that are optional. If not, go to the basket and complete your transaction.
- TO PURCHASE OTHER ITEMS, go to BROWSE ALL ITEMS under SCHOOL STORE (you should be taken back there after the completion of your first item).
- To pare down the choices, FILTER THE CATEGORY (left-hand sidebar) by DES TRACK CROSS COUNTRY PROGRAM.
 - You will need to complete a separate form for each item if you choose to purchase more than one.
 - This process means that you will need to complete one form to the point of the purchase being “ADD(ed) TO BASKET.”
 - They will be able to pay for the basket all at once.
- You may also complete this process for another child and check out in the same basket.
- **After completing the form(s), you will go to the basket symbol on the right-hand side of the upper menu bar and complete payment by Debit/Credit Card (VISA/MASTERCARD/AMERICAN EXPRESS/DISCOVER or E-CHECK).**