

SOUTH VIEW 7th & 8th GRADE GIRLS TRACK

- **School First** ☺ Remember, it is a privilege to be on this team. You are on the team because you are a student at South View Middle School. We expect that your behavior at all times reflects positively on South View, the community of Edina and our track team.
- **Schedule/Communication** We expect that you will make every effort to attend all scheduled practices and meets. You may not have more than three unexcused absences. That being said, we also know that our lives are busy and we all have many valuable activities we involve ourselves in. We will WORK with YOU to enable you to participate in South View Track AND your other activities. The KEY to this is COMMUNICATION.
- **Conflicts/Stickers** Please discuss any schedule conflicts particularly with MEET dates with Coach Volding or Coach Cool as soon as possible! Each week we put the hardest working and top performing athletes into “stickered” heats. If you are “stickered” and you then do not show up it causes last minute chaos that will impact our team.
- **Practices** We will practice right after school each day for approximately 60-70 minutes at the Edina Community Center (ECC) Stadium Track. In order to maintain schedules, athletes should be appropriately dressed and on the track by 2:50. We will plan to end practice each day at 4:10PM.
- **Clothing**
Plan to wear layers on days that are cool, wet, snowing or all three. Long sleeve t-shirts, turtle necks, sweatshirts, windbreakers, sweat pants, mittens and hats should be kept in your school locker so you are **prepared for cold weather practices and meets.** **The most important piece of track equipment is running shoes.** You do not need to necessarily spend a lot of money to get a good pair of running shoes, but you must get a pair that fit you properly. Take time to have a knowledgeable sales person at a running store assist you with your shoe purchase.

Tell the following stores that you are on the Edina Track Team and they will give you a discount.

Running Stores

<u>Run-N-Fun</u>	868 Randolph Ave., St. Paul	(651) 290-2747
<u>Marathon Sports</u>	2312 West 50 th Street, Minneapolis	(612) 920-2606
<u>Gear Sports</u>	4510 Excelsior Blvd., St. Louis Park	(952) 926-2645

- **Meet Days 2012** Our meets begin at 3:45pm and finish around 5:30pm(sometimes a little later). The team will ride the bus from SV to the locations of the meets. If you are going to be picked up early by a parent we will need an email or a signed note IN ADVANCE, BEFORE the day of the meet.

Day	Date	Location	Time
Monday	April 16	Edina Community Center	3:45PM
Tuesday	April 24	Wayzata Central MS	3:45PM
Tuesday	May 1	Wayzata Central MS	3:45PM
Tuesday	May 8	Wayzata Central MS	3:45PM
All Conference Meet: May 22 at Wayzata Central MS			

- **Show Class** Be respectful of your teammates, coaches and opponents. Edina athletics is about Class. Give your best effort in your events, support your teammates in their events, and show “Class”.
- **MSHSL Policies** By participating in Edina Athletics you agree to refrain at all times from the use of Alcohol, Tobacco and Illegal Drug use. If you or someone you know is struggling with questions regarding the use of drugs, please let one of your coaches know.

7th and 8th Grade Track and Field Order of Events

Running Events

100 M Hurdles
 100 M Dash
 800 M Relay (4 x 200 meters)
 1600 M Run (1 mile 4 laps)
 400 M Relay (4 x 100 meters)
 400 M Dash (1 lap)
 800 M run (1/2 mile, 2 laps)
 200 M Dash (1/2 lap)
 1600 M Sprint Medley Relay (200-200-400-800)

Field Events

Shot put
 Discus
 High Jump
 Long Jump

Coach Cool and Coach Volding are committed to their best coaching daily, and are always available for help or questions. We want this experience to provide you with FUN, fitness, and the opportunities to learn about track and field events as well as improve as an athlete.

Coach Lori Volding

lorvolding@edina.k12.mn.us

952-848-4424 (SVM School)

Coach Kelly Cool

kelcool@edina.k12.mn.us

952-848-3717 (SVM School)