

# VALLEY VIEW 7<sup>th</sup> & 8<sup>th</sup> 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 Valley View Middle School. We expect that your behavior at all times reflects positively on Valley 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. That being said, we also know that our lives our busy and we all have many valuable activities we involve ourselves in. We will WORK with YOU to enable you to participate in Valley 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 Forster as soon as possible! Each week we put the top performing athletes into “stickered” heats. If you are “stickered” and you then do not show up it causes a domino effect that negatively impacts our team.
- **Practices** We will practice right after school each day for approximately 80-90 minutes at the Edina Community Center Stadium Track. In order to maintain schedules/transportation we will plan to end practice each day at 4:10PM. Students will ride the Activity Bus from VV each day to ECC. The bus leaves VV at 2:45 from Door 15. Be on time, the bus won't wait. You will need to be picked up at ECC after practice. ☺
- **Meet Days 2012** Our meets begin at 4:00pm and finish around 5:30pm. You will ride the activity bus from VV to ECC for meets held at ECC. You will need to be picked up there, no bus return to VV.

Day	Date	Location	Time
Monday	April 16	Edina Community Center	3:45PM
Tuesday	April 24	Hopkins High School	3:45PM
Tuesday	May 1	Edina Community Center	3:45PM
Tuesday	May 8	Wayzata Central MS	3:45PM
Girls' All Conference Meet:			
Tuesday	May 22	Wayzata Central MS	3:45PM
- **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”. We are Edina, We are 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.

Coach Perry Forster

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