

7th-12th GRADE TRACK SEASON SIGN-UPS

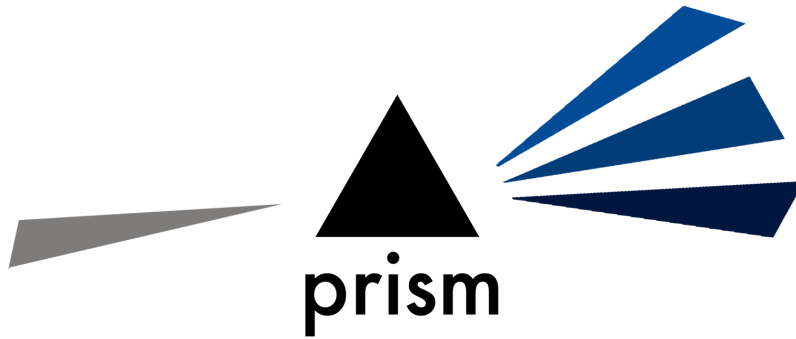
WHO: We are looking forward to a great first year of participating in track and field through the HCAA (Heartland Christian Athletic Association)! We are excited to announce that there will be opportunities for students in grades 3rd-12th to participate in official meets.

WHEN: Track Practices Begin February 19. All sign-ups are due by Thursday, Feb 15.

MEETS	PRACTICE
<p>The tentative meet schedule is as follows:</p> <ul style="list-style-type: none"> • March 17th, 2018- Forrest Heights Middle School,/ Little Rock, AR (Hosted by Southwest Christian Academy) • March 29th, 2018- Mansfield Jr. High School/ Mansfield, AR (7-9th grade only) • March 30th, 2018- Eureka Springs High School/ Eureka Springs, AR (10-12th grade only) • April 7th, 2018- Forrest Heights Middle School/ Little Rock, AR (Hosted by Southwest Christian Academy) • April 21st, 2018- Forrest Heights Middle School/ Little Rock, AR (Hosted by Southwest Christian Academy) • May 5th, 2018- State Track Meet- Ramay Jr. High School/ Fayetteville, AR (First HCAA event in our town!) 	<p>Tuesdays & Thursdays at 6:30 PM at the Vandergriff Track</p> <p style="text-align: center;">Address: Vandergriff Elementary 2200 Vandergriff Dr. Fayetteville, AR 72703</p>

TRANSPORTATION:

- Parents are responsible for transporting students to practice.
- Should more than 13 students apply, school-based trials may be held to identify students eligible for travel bus.
- However, parents are welcome to self-transport or cooperatively transport and students who ride with parents will be able to compete.
- Our only restriction for travel is based on available spots on the van. However, it is our preference to get all students who want to participate to the meets.



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Eligibility Requirements:

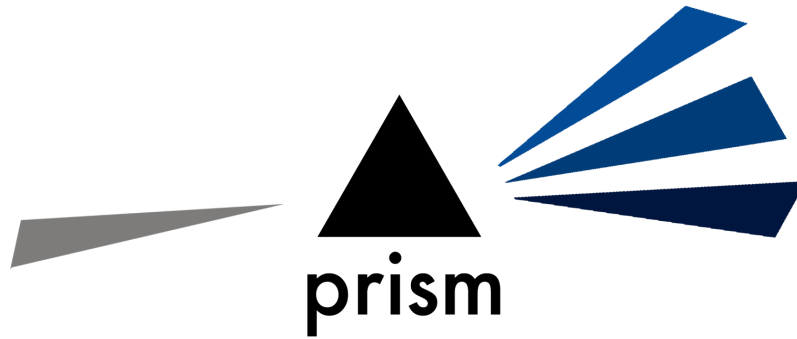
- Be in compliance with Prism attendance policy
- Maintain a 2.0 GPA, no Ds or Fs allowed.
- Students with missing assignments cannot attend meets until their assignments have been turned in.
- Students must be in attendance, on-time at school in order to participate in meets.
- Be enrolled in 7th-12th grade courses
- Participate in 80% of practices
- Have a current physical on file
- Register and pay athletic fees

How do I register my child?

- Turn in registration form
- Complete Athlete Player Contract
- Supply a physical (contact Coach Caleb at caleb.bowlin@prismeducationcenter.org)
- Track dues or payment plan

How much will it cost for my child?

- There is a \$100 athletic fee
- These fees must be paid prior to your students participation in meets. Uniforms will not be distributed to an athlete who has not paid their dues.
- These fees cover most of the cost associated with track, but not all of the costs. Students are highly encouraged to participate in booster club fundraisers as well to help cover fees associated with athletics program.
- Athletes will need appropriate attire and equipment for track.
 - Prism will provide a uniform top and bottom.
 - Family is responsible for providing: running shoes, undergarments, and practice attire.
 - More details will be provided families about shoes & sanctioned clothing can be found on our athletics page <http://prismeducationcenter.org/student-life/athletics>



TRACK CLOTHING

What is appropriate attire for the athletes?

- In practice, athletes must wear their own appropriate clothes.
- Appropriate clothes will be intentional athletic wear. Jogging pants, shorts, windpants, or other lightweight bottoms are all appropriate. T-shirts or tank tops with no tears and with no inappropriate words, images or holes are also permitted as practice attire.
- Undergarments without a second layer are **NOT** considered appropriate practice attire (this includes spandex, under-armour and compression material for tops or bottoms).
- Bottoms that do not meet the Prism dress code length requirements, must have a set of undergarments (compression or under-armour material) underneath that meet the requirement for bottoms length.
 - Athletes are required to wear a school-provided uniform top and bottom to meets in order to compete. Athletes missing their uniform or appropriate footwear will not be allowed to compete.
 - All visible undergarments must be black or royal blue.

What type of shoes are appropriate for track?

- Athletes are not allowed to practice in spikes at our practice location. Without being able to practice in track spikes, Coach Caleb does not endorse running actual events in them.
- Athletes are **highly recommended** to wear new or relatively unworn running shoes for track. Wearing inappropriate or heavily worn shoes while running can lead to various injuries or health hazards.
- If possible shoes should be within the Prism color palette (blue, black, grey, white). The type of shoes that athletes will need varies depending on the event they end up participating in.
- Athletes participating in long distance running events will need a shoe with a thicker sole than athletes running in short distance events. Coach Caleb has contacted and researched many shoe dealers in the local area and can provide advising on shoe selection. For any specific questions regarding shoe selection, contact Coach Caleb at caleb.bowlin@prismeducationcenter.org.