

TRACK INFORMATION SHEET

REMIND – Both parents and students are encouraged to sign up for **remind**. Directions are included in this packet. Remind is a one-way text messaging and/or email system. It is safe and free and allows coaches to keep in touch with parents and students. Please sign up as soon as possible to start receiving messages from the track coaches.

Practices: Practices will be held every day after school except on meet days. Team members must arrange for their own transportation home when practices are scheduled later than 4:00 pm and on Fridays. Team members are expected to attend **all** practices unless they have been excused by a coach **prior to the absence**. Unexcused absences may jeopardize an individual's participation in subsequent meets, and may result in a member forfeiting his/her right to remain on the team. Students will be dismissed from the team after three unexcused absences.

Meets: Meets will begin at approximately 4:45 pm (unless otherwise indicated on the schedule). We will bus students to WWSHS for home meets, but there will be no return bus to Hubble. Students will need to be picked up at the conclusion of the meet at WWSHS. Buses will be provided both to and from away meets. **All team members are encouraged to stay for the entire meet as this is a team sport.** Parents may transport students home at the conclusion of an away meet by signing them out with a coach.

Student Pick Up: All students must be picked up at Door #18 on a regular practice day or after an away meet.

Physicals: Each track member is required to have proof of a current physical on file with the school before participating in the first practice. You may download a copy of the form from the Hubble website. A current physical is one that is dated on or after April 17, 2018.

Fees: Each track member must pay a **\$125.00** fee to participate in the sport. Checks should be made payable to **CUSD #200** with a notation that it is for track. If the name on the check does not correspond with the student's name, please note the student's full name. If you choose to pay by credit card or online, please contact **Penny Coyle at Penelope.Coyle@cUSD200.org or 630-393-3575.** If your child has a free or reduced fee waiver, please contact his/her coach or Mrs. Coyle at the above email/phone number.

Emergency Forms: Parents must complete an **emergency form and a concussion form** for their student to be kept on file with the coaches. These forms are attached to this packet and available on the Hubble website. If your child filled out a concussion form for a different sport this school year, he/she will not need to complete another one.

Injuries: All injuries of any type should be reported to the coaches. The school carries no individual insurance for track team members. As with all District 200 Interscholastic sports, insurance coverage is provided by the parents.

Academics: Academic problems may prevent a student from participating in track. Academic eligibility will be based on the District 200 Guidelines for Interscholastic Sports as outlined in the District 200 Middle School Handbook.

Behavior: Each student participating in track is expected to conduct himself/herself in an appropriate manner. If at any time a member of the team is not displaying good sportsmanship and citizenship, the student is subject to discipline, suspension or dismissal from the team.

Uniforms: When all paperwork is turned in and fees are paid, athletes will be issued a track tank top and a full sweat suit. Students are responsible to return all pieces of the uniform in the same condition in which they were issued or there will be a \$50 fee per piece.

FIRST PRACTICE	Monday, April 1, 2019 (Boys) Tuesday, April 2, 2019 (Girls)	3:00 – 4:30 PM 3:00 – 4:30 PM
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Please give physicals, fees, emergency forms, and concussion forms to the applicable coach:

Ms. Reeves – 7th Grade Girls
Ms. Miller – 7th Grade Boys
Mrs. Oregon – 8th Grade Girls
Mr. Schmidt – 8th Grade Boys

Please check with our school nurse, Mrs. Barry, or with the athletic director, Ms. Reeves, to see if you have a current sports physical on file. No student will be allowed to practice until a current physical is obtained.

Kathleen.Barry@cusd200.org phone: 630-393-3519
Rebecca.Reeves@cusd200.org phone: 630-821-7900 Ext 4556

ORDER OF EVENTS - HOME MEETS

RUNNING EVENTS

Hurdles
100 M dash
1600 M run (Mile)
400 M relay (4 X 100)
400 M run
800 M relay (4 X 200)
800 M run
200 M dash
1600 M relay (4 X 400)

FIELD EVENTS*

Shot put – girls first
Discus – boys first
Long jump – boys first
Triple jump – girls first
High jump – girls first

*Please note - All field events start at the beginning of the track meet.



Sign up for important updates from Ms. Reeves.

Get information for **Hubble Middle School** right on your phone—not on handouts.

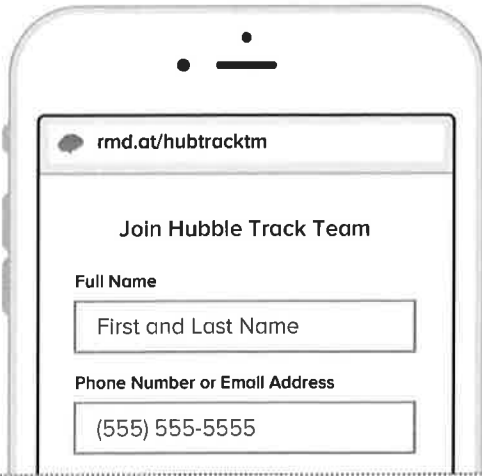
Pick a way to receive messages for **Hubble Track Team**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/hubtracktm

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




B If you don't have a smartphone, get text notifications.

Text the message @hubtracktm to the number 81010.

If you're having trouble with 81010, try texting @hubtracktm to (630) 503-6031.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/hubtracktm on a desktop computer to sign up for email notifications.

Hubble Middle School

3S600 Herrick Rd
Warrenville, IL 60555

Becca Reeves - Athletic Director

rebecca.reeves@cusd200.org

Phone: 630.821.7900 X 4556

Fax: 630.821.7923

Track & Field Meet Schedule 2019

<u>Opponent(s)</u>	<u>Location</u>	<u>Day</u>	<u>Date</u>
Franklin	WWSHS	TH	4/18
Edison (hosts)	WWSHS	M	4/22
Monroe	Wheaton North HS	W	4/24
Leman & Barrington Station	West Chicago HS	M	4/29 (4:30pm)
Stratford	WWSHS	W	5/1
Naperville Lincoln	WWSHS	M	5/6
Jay Stream	WWSHS	W	5/8
IPAC Meet	WWSHS	T	5/14 (5:00pm)
IPAC Meet Rain Date	WWSHS	F	5/17 (4:00pm)

Start Time: **4:45pm** unless otherwise indicated.

ALL HOME MEETS TAKE PLACE AT WHEATON WARRENVILLE SOUTH HIGH SCHOOL.

Directions to away meets can be found on the Hubble website under the athletics tab.

Coaches: Becca Reeves
Kyle Schmidt
Connor DeYoung

Dee Dee Oregon
Lynn Miller

Concussion Information Sheet

Hubble Middle School Athletic Department

Jon Pilkington, Principal

Andrew Vondran, Assistant Principal

Becca Reeves, Athletic Director

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

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| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
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Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Please sign and return the bottom half of this sheet

I have read and understand the information on concussions

Grade _____

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Hubble Middle School
Emergency Contact Information/Permission Form

Student Last Name: _____ First Name: _____

Sex: (circle one) M or F Grade: (circle one) 7th 8th

Student ID Number: _____

Home Address: _____

_____, IL _____
City Zip

Parent contact email: _____

Student contact email: _____

Home Phone: _____

Parent Name: _____ Cell Phone: _____

Parent Name: _____ Cell Phone: _____

Student Phone: _____

Emergency Contact: _____ Phone: _____

I hereby give my student my consent to participate in the middle school interscholastic athletic program.

Parent Signature: _____

I understand that when participating in athletic events I am a representative of my school and that certain responsibilities with respect to behavior and character come with this commitment. I agree to abide by the eligibility guidelines as well as rules set forth by the school, the athletic department and my coach(es).

Student Signature: _____

TRACK & FIELD T-SHIRTS

T-SHIRT ORDER FORM - we will be selling track t-shirts which students will be able to keep. This is optional so students are not required to purchase.

\$12.00 cash (correct change) or check payable to Hubble MS attached to this form. THIS CHECK MUST BE SEPARATE FROM THE ATHLETIC FEE.

Name _____
(please print)

Grade _____

Size: Youth Sizes: YL (equivalent of an adult XS)
(circle one)
Adult Sizes: S M L XL XXL

****We will not be able to "switch" sizes once the order has been placed****

Please return this form to your coach by **Wednesday, April 10th.**

- Ms. Reeves - 7th grade girls
- Ms. Miller - 7th grade boys
- Mrs. Oregon - 8th grade girls
- Mr. Schmidt - 8th grade boys