

2012 Minnetonka Girls Track and Field

PAC MEETING

There is a mandatory PAC meeting on Monday, March 19th at 6:00pm in the forum with a breakout meeting starting at 6:30pm in the cafeteria.

PRACTICES

Practices will take place from 3:15-5:30, Monday-Friday. There will be optional practices on selected Saturdays for interested athletes.

SEASON LENGTH

The season begins on Monday, March 12 and concludes with the State Meet on June 8 and 9.

SCHEDULES

Most meets occur during the week and run from approximately 3:45-7:00. Participants will need to be excused from class early on these days, typically at 2:30. An updated meet schedule will be included in our Track and Field booklet, which will be handed out on the first day of practice.

FEES AND FORMS

Please fill out registration forms and pay fees online by going to: www.minnetonka.k12.mn.us, click on the Activities tab, click on Registration Info. This must be done before an athlete can participate.

All Students participating in MSHSL sanctioned sports are required to have a Sports Qualifying Physical on file with Minnetonka High School. This form is good for **THREE YEARS** of participation from the date of the exam and must be current through the end of your sport participation season.

If you need to check on your student(s) physical date, email your request to: gwynn.pletsch@minnetonka.k12.mn.us

FUNDRAISING

Captains are responsible for fundraising activities, which may include car washes, timing at meets, cookie dough sales, etc.

UNIFORMS

Uniforms are issued to athletes at the start of the season. There will be a \$75.00 deposit fee for the uniforms. Uniform return date and time will be set up with coach, athletes and equipment manager.

AWARDS BANQUET

We hold our "Awards Banquet" on the first Tuesday after the State meet which will be June 12th. It is from 5:30-8:00. Memories of the season are shared, awards presented, and seniors are bid a fond farewell. This is usually a potluck and the rent is subsidized through fundraising activities.

SPECTATOR FEES

Ticket price for home track and field meets: \$5.00/student, \$7.00/adult

CAPTAIN'S RESPONSIBILITIES

- Be on time
- Be a good role model at meets and practices
- Organize captain's practices during preseason
- Organize fundraising activities
- Help coaches with athlete contacts
- Decorate and set up for end of the season banquet
- Lead warm ups
- Order team apparel such as sweatshirts, etc.
- Be an advocate for your sport
- Make announcements about meet results, etc.
- Organize pasta parties or other team building activities
- Link between coaches and athletes

TEAM RULES

Athletes must follow rules regarding participation published by MHS and MSHSL. It is expected that:

- Athletes will be on time to practices and games.
- Athletes will clear absences from practices and meets with their coaches in advance, when possible. **SCHOOL SPONSORED SPORTS** will take precedence over other sporting activities.
- Athletes will schedule work commitments around meets and practices.
- Athletes will respect coach's decisions.
- Athletes will practice good sportsmanship and refrain from using foul language or inappropriate gestures.
- Athletes will represent Minnetonka High School in a respectful manner.

LETTERING REQUIREMENTS

This is included in the Girls' Track and Field booklet, which is handed out the first day of practice.

AWARDS

All Section and All Conference awards are given out at the banquet. All State Awards will be given out after the State Meet is completed. Other team awards usually include, but are not limited to:

MVP

Most Improved

Skipper Spirit Award

Most Dedicated

Rookie Award

Captain Award

Criteria for these awards are determined by the coaches, with input from the captains.

ROSTER

At this time rosters are unlimited for the team. Depending on the size of the meet, there may be 2-4 varsity competitors per event.

COACH CONTACT INFORMATION

Jane Reimer- Morgan-----Home Phone 952-476-1455. Cell Phone 612-889-2456