

Sayreville War Memorial High Winter Track

Welcome to the Sayreville High School Winter Track team. We are very excited to work with you this year and help you to improve as a runner, jumper, or thrower. Winter Track is a sport full of challenges, but also fulfillment. If you are willing to put the time and effort in, you will see your performances improve dramatically.

Some things to know about being on the team:

1. **Commitment and Communication:** As a member of the Winter Track team, you are expected to be in attendance at all practices and meets, beginning **on Monday, November 30th**. Being a member of any team or activity is a commitment, and we expect you to be able to fulfill that commitment. It is understandable that in high school you will be a part of other clubs or activities, and that is fine, but be aware that if you are consistently missing practice or meets, you may not be permitted to compete, and your opportunity to make varsity may be in jeopardy. Should you not be able to attend a practice or a meet, it is important that you let a coach know in advance. Communication is extremely important.
2. **Responsibilities:** You are a student athlete. The key word there is student. Your grades are extremely important. If your grades begin to suffer due to your commitment to the team or other activities, you will be unable to participate.
3. **Training:** Winter Track is a very challenging sport. The only way to improve is to consistently train. All the workouts that you are asked to do at practice, or on your own, are designed to help you improve. If you do not put the work in, you will not see results. Walking during runs or sitting during workouts because you are tired will only hurt you and hold you back. People understandably get tired, but as a member of a Winter Track team, you have to rise above that occasionally.
4. **Equipment:** Winter Track presents a number of challenges due to the weather. On any given day, we may be outside in the cold, or indoors, so be prepared with comfortable workout attire for any situation. You also need a good pair of RUNNING sneakers. Please do not show up to practice in casual sneakers, basketball sneakers, or skating shoes. To race, it is recommended that you purchase track spikes, but it is not required.
5. **Harassment, Intimidation, Bullying, and Hazing:** Bullying in any form will not be tolerated on this team. Anyone who is found to be engaging in any form of hazing, harassment, intimidation, or bullying will be removed from the team, and reported to school administration for disciplinary action.

In accordance with district policy, all athletes will be required to complete an online anti-bullying training course before competition begins. In addition, all athletes, and at least one parent/guardian, must attend a meeting on Saturday December 3rd at 11AM in the cafeteria, in order to participate.

**Sayreville Winter Track
Varsity Standards**

Unlike other sports, your Varsity or JV status is determined at the end of the season. It is based on your performance throughout the current season, which means varsity must be “earned” each year, regardless of your status in previous years. In order to make Varsity, you may not miss more than 5 practices on days in which you were in school, and you must fulfill **at least one** of the following requirements:

1. Be a senior who has completed the season.
2. Be a member of the Winter Track team for 3 FULL seasons.
3. Score individual or relay team points in a VARSITY race.
4. Meet the below standards AND be one of the top 3 performers in your event:

Event	Boys	Girls
55m dash	7.20	8.20
55m High Hurdles	8.80	9.90
400m dash	:55	1:04
800m	2:10	2:45
1600m	5:00	6:30
3200m	11:30	13:430
Shot Put	32'	27'
High Jump	5'6"	4'6"

**PRACTICE BEGINS ON MONDAY, NOVEMBER 28TH AT 2:30 PM.
MAKE SURE THAT YOU COME PREPARED TO WORKOUT ON DAY 1!**

For news, updates, and information about practice/meet cancelations, subscribe to the Sayreville Winter Track Remind App. Text 81010 and put @bomberswt in the message to subscribe.

Paperwork Deadline: November 1st

Directions for completing the H.S. Clearance Packet

Who needs to complete the Clearance Packet? All student-athletes must complete the entire Clearance Packet for every sport they plan on playing/trying out for. If a student decides to switch to another winter sport, they must hand in a new Clearance Packet for the new sport.

- 1) Go to www.sayrevillehigh.net and click on “Athletics” on the right side of the page under “Quick Links”. From there, click on the “District Physical Forms” link halfway down the page under the heading “Athletic Registration and Medical Clearance Information”.
- 2) Before completing the clearance packet, you must read various informational and consent forms. These are found under Part 3: Essential Informational and Consent Forms. Click on each link and read each document carefully. These forms are not to be submitted.
- 3) Once everything has been read, you and your child can print, complete and sign the High School Clearance Packet under Part 1; it is a six page packet. Only the **current** Sayreville district forms will be accepted (each page has 2016-2017 at the bottom). All forms must be completed and signed. Please keep all pages in the order they are printed. Make a copy of all forms for your records before handing them in.
- 4) All high school student-athletes must take the Impact test for this school year, regardless of prior test completion. If your child has not taken the test after May 2016, it must be taken before they can be cleared to participate. Information regarding the test can be found at “Impact Test Procedures” under Part 3: Essential Informational and Consent Forms on the website.
- 5) During the school year, completed forms must be turned in directly to the school nurse. Paperwork should be submitted during school hours, not before or after school. No paperwork should be given to the coach or left in a mailbox in the main office. All forms should be turned in at the same time. Incomplete forms will be returned to the student for completion.
- 6) **The deadline for winter sports paperwork is Tuesday, November 1st.** Everyone interested in playing a winter sport must have their paperwork in by then; clearance packets will no longer be accepted after that date. Even if your physical exam won't be completed until sometime in November, the complete clearance packet must be received by November 1st.
- 7) Students that may need inhalers, epi-pen, glucagon or other medication during sports must have a current doctor's order on file in the nurses' office. Medication orders must be written on the district medication form available at the nurses' office. It is strongly recommended that these students provide an extra inhaler, epi-pen, etc. to keep in their team's medical kit if needed. Students must also be up to date on all immunizations

Directions for completing the Physical Forms

Who needs to complete the Physical Forms? Any student-athlete who does not have a physical examination on file or whose physical examination will expire before the first day of their sport season must complete the Physical Forms.

Physical examinations are only good for 364 days from the date of the exam. If your child has a physical on file that is good through the duration of the upcoming season, attach a copy of the yellow letter (that was mailed home) to your Clearance Packet in lieu of the Physical Forms. If a new physical must be completed, the parent and physician must complete the Pre-Participation Physical Evaluation forms from

- 1) To access the forms, go to www.sayrevillehigh.net and click on “Athletics” on the right side of the page under “Quick Links”. From there, click on the “District Physical Forms” link halfway down the page under the heading “Athletic Registration and Medical Clearance Information”. The physical forms can be found under the Part 2 heading on this page.
- 2) Page 1 (History Form) and Page 2 (Special Needs Supplemental History Form) of the packet must be completed by a parent. These forms need to be filled out before the physical exam and reviewed by the examining doctor. Both Page 1 and Page 2 must be completed and signed even if the student has no special needs. **The date of the actual physical exam should be noted at the top of both pages, under the “Date of Exam” heading.**
- 3) Page 3 (Physical Examination Form) and Page 4 (Clearance form) of the packet must be completed by the primary doctor. Please be sure that everything has been filled out (e.g. height/weight, pulse, blood pressure, vision, etc.) or else the physical will be returned and have to be re-submitted. The form must include the date of the actual exam and the provider’s signature and stamp on both pages.

After the physical packet is submitted to the school nurse, it will be brought to the school physician for review. Once the physical is approved, a yellow clearance letter will be mailed home indicating this. **Keep this form for your records.** Please note that the letter does not mean that the student is allowed to participate in their sport; they must also hand in a completed High School Clearance Packet.

Once the student has handed in a completed High School Clearance Packet **and** the school doctor has reviewed their Physical Forms and approved them for athletic activity, they will be fully cleared to participate in their sport and their coach will be notified. Make sure to check with your coach well in advance of the start of the season regarding your clearance to avoid any problems on the first day of practice.

The deadline for guaranteed clearance of winter sports paperwork is Tuesday, November 1st.

Anyone who waits to hand in physical forms after that date is not guaranteed to be cleared for the first day of practice. Please remember that the High School Clearance Packet must be submitted by November 1st even if the physical exam hasn’t been completed yet. Physical forms will not be accepted after the deadline if the student did not already hand in the clearance packet on time.