

AMS TRACK MEET VOLUNTEERS NEEDED

The Field Events start at 3:45 ... Running starts at 3:45
If you have time between 3:30-6pm on one or all days, please sign up for one duty and return this paper to me!
Track job descriptions on reverse side. Please return the form to Jim Hagemann.

I _____ can volunteer at the following home track meets.

April 16th

May 13th

Thank you very much for signing up for one of the duties on the other side of this form.

Your active participation in AMS Track and Field is greatly appreciated by the Ashland School District,
as well as by the athletes!

If you have any questions, please call or e-mail Jim Hagemann.

Jim Hagemann ... 482-5620 ext 5144 jim.hagemann@ashland.k12.or.us

THANK YOU AGAIN!



COACHES

Jim Hagemann
Abdi Guled
Beau Lehnerz
Christie Lawson
Austin Wallace
Jeff Multanen
Marius Boone
Tamara Ellis



Expectations of Athletes

Athletes are expected to be on time to all practices and meets. While participating in AMS Track and Field, athletes are expected to act as role models as they are representing their school. Athletes will be expected to follow all school and team rules. If students cannot follow these expectations they may be asked to leave the track team.

BE SAFE
BE RESPECTFUL
BE RESPONSIBLE



**Ashland Middle
School**

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Ashland, OR 97520
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Ph: 482-5620 ext. 5144 Jim
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Ashland Middle School

TRACK & FIELD



We are looking forward to having your athlete participate in the Ash-land Track and Field Program. This brochure is an explanation of the expectations for any track participant. Please read this over with your child and help us make this the best track season!

PRACTICE SCHEDULE:
 Practice is everyday after school from 3:15—4:45. Athletes may not leave campus before practice starts (no trips to the store, etc.). Appropriate dress for practice is important. It is recommended that your student wear a safe and comfortable pair of running shoes, t-shirt, and shorts. They should bring a pair of sweat pants and a sweatshirt for warm-ups.

ATTENDANCE

Athletes are expected to attend practice daily. In the event of an absence, the athlete will need to bring a written excuse from his or her parents to the next practice. Examples of excused absences are illness, doctor's appointments, or attending practice for another sport on certain days. After two unexcused absences, the student will be suspended from the next meet. If an athlete must leave early due to another commitment, please pre-arrange it with the student's roll call coach.

Please arrange to pick up your athlete at school promptly after practice and meets.

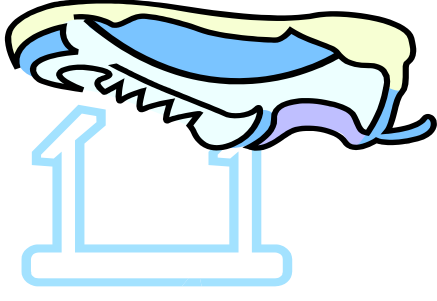
UNIFORMS

All athletes will be issued a track uniform and a sweatshirt. Athletes are responsible for the appropriate care and return of the uniform and sweatshirt at the end of the season. If a student no longer wishes to participate in the track program, the uniform and sweatshirt are to be returned to one of the track coaches. Fines will be issued for lost or damaged uniforms.

TRANSPORTATION

Athletes will be transported to and from the meets via school transportation. Athletes are expected to behave appropriately and in accordance with the School Bus Code of Conduct. Any violation of these rules may result in your student being denied transportation to and from meets. Please remind your athlete of the importance of appropriate bus behavior.

Please Note: If you are planning to take your athlete home with you after an away meet you must sign them out with the coach. Also, if your child is planning to go home with another parent, he/she must bring a note from you and have it cleared in the office before leaving for the game. An infraction of this policy will result in the athlete not being allowed to attend the next track meet. We have a lot of athletes to supervise and we want to ensure that each one gets home safely. Please help us out by following these procedures!



Mark your preference:	JOB	DESCRIPTION OF DUTIES
	Timer: (8 needed)	You will be at the finish line for all races. You'll be given a stopwatch and directed by the head timer to time a particular place or lane. It's useful to have prior experience doing this.
	Recorder: (2 needed)	Your job will be to record the places and times of each race at the finish line.
	Scorekeeper: (1 needed)	Your job is to process the event results that will be coming up after races and field events. You will keep track of times/finishes, and provide current team scores.
	Announcer: (1 needed)	Your job is to announce all of the upcoming events so that athletes can be on time.
	Long Jump: (3 needed)	You will keep track of the paperwork for the jumpers, and help find students to measure and record their distances, and rake the sand back into place between attempts.
	Discus Official: (3 needed)	You will keep track of the paperwork for the discus throwers, assure they made legal throws, and measure and record their distances.
	High Jump Official : (2 needed)	You will keep track of the paperwork for the high jumpers, set the bar, make sure they clear the bar, and measure and record their heights.
	Shot Put Official: (3 needed)	You will keep track of the paperwork for the shot putters, make sure they make legal throws, and measure and record their distances.