

Parent Information

Sign Up -

- The week before the start of the season.
- Forms can be picked up at the Mayo Activity Office or found on the Mayo Activity Webpage.

Who can participate-

Students in Grades 7-12 are able to participate in Track & Field. If you miss the registration you can still sign up to join track & field. There are no cuts and everyone competes and is given a chance to achieve their goals during the season. Varsity & JV go to almost all of the same meets but compete against other Varsity or JV athletes. There are 18 events to choose from and we encourage the newer athletes to try different ones. Our expectations are that everyone will respect each other, have a positive attitude and work hard to improve. We're looking forward to another great season and a ton of fun!

To be able to participate you must -

1. Turn in a physical form or have one on file at the Mayo Activities Office
2. Turn in the registration packet to the Mayo Activities Office

(If you need assistance with payment please let a coach or the activities office know, if you are on the free/reduced lunch plan the fee is waived)

What you need for practice -

- Shorts/sweat pants or running pants for practices and warming up for meets. - Always be prepared for the weather.
- Athletic Shoes (Running are ideal unless you are going to do the throws then you should look at getting a cross trainer type shoe - soles on running shoes aren't intended for lateral motion)
- Combo Lock - Lockers are provided in the Athletic Locker rooms but you need to provide lock.
(we are not responsible for lost or stolen items)
- Water Bottle

(we can help provide items if needed)

Season Length-

- **JV** - Will compete until the J.V. Conference Meet
- **Varsity** - Will compete until the Section Meet (those that qualify for state will compete the week after Sections at State)

Varsity-

There are 2-3 Varsity Spots per individual event at the meets and we look at previous marks in the year. Attendance plays a factor along with someone who may have shown potential in practices. 7th and 8th graders can be on the Varsity team.

JV-

If a student isn't competing for the Varsity team and they have been attending practice they will be able to compete at all of the meets that JV is offered.

Team Manager-

Someone who helps the coaches and athletes at practice with setting up equipment needed for the day and helping at the track meets. May receive a varsity letter.

Middle School Transportation to Mayo-

Middle School students may ride the activity from their school to Mayo. No sign up for this is necessary, just hop on and ride to Mayo. The Middle School that you attend will know the bus number to ride on.

Attendance -

- **During the school day** - Students absent due to truancy, illness or injury during their last half of the school day may not participate in contests or practice that day.
- **During Practice time** - Please try to schedule around practices and meets. We understand that life happens and in the event you have a schedule conflict please notify the coaches ahead of time with a note. Excessive absences may result in an athlete missing out on meet(s). Athletes that are injured are still expected to attend practices and work with the school trainer or on the rehabilitation program given to them by their doctor.

Being excused from school for Meets

High School - The coach will have students excused for the day

Middle School - A note will be needed for every meet and turned into the Middle School attendance office the day of.

Transportation to Meets -

The Team bus will be arranged to pick up students from their school.

P.A.C. Meeting-

The Parent, Athlete, Coaches Meeting is the meeting at the beginning of the season that attendance is taken and required by all athletes and at least one guardian of the athlete. A short video by the Activities office and Minnesota State High School League is shown and the coaches cover other items that pertain to the team and season.

How to Letter-

Refer to "Letter Criteria" button on team webpage.

Events-

Sprinting is short distances 100, 200, & 400 meters in length (relays – 4x100, 4x200, & 4x400).

- Practices consist of short distance intervals with quick explosive exercises like plyometrics.

Distance is longer distances 800, 1600, & 3200 meters in length (1/2mile to 2 mile).

- Practices consist of distance runs of 2-10miles in distance with some days doing speed work of shorter distance intervals.

Jumps - High Jump, Long Jump, Triple Jump, Pole Vault

- Most jumpers do another event area but we do have some that just do the jumps.
- Practices involve working on the specific form or technique of the event or strength conditioning to better prepare for the meets.

Throws - Discus, Shot Put

- Some throwers do another event area and some just do the throws.
- Practice involves working on technique and strength conditioning.

How many events can I participate in at a meet?

- You can participate in up to 4 events at a meet.
*You can't exceed 3 field or 3 running events.
- We encourage students to try new events and focus on improvement.

Meet Schedule-

Each meet has a schedule of events posted on the webpage so you will know what time approx. that you will be competing.