

# 2023 Track Permission Packet Schedule and Notes



Please return the signed permission slips and grade verification sheet on:

**Tuesday, February 28, 2023**

to participate in conditioning (optional):

Tuesday, February 28th - Thursday, March 2nd

**OR**

Tryouts Begin:

Wednesday, March 8th, 2023 - 3:05 p.m. – No Exceptions

Regular Season begins Tuesday March 14, 2023

Thank you for your interest in Parker Junior High Track Team

6th/7th/8th Grade Boys Coach: Mr. Morgan [tmorgan02@sd161.org](mailto:tmorgan02@sd161.org)

6th/7th/8th Grade Girls Coach: Mr. Wright [rwright@sd161.org](mailto:rwright@sd161.org)

6th/7th/8th Grade Distance Coach: Ms. Erlandson [herlandson@sd161.org](mailto:herlandson@sd161.org)

Dear Parents / Guardians:

Your child has chosen to try out for the Parker Junior High Track and Field Team for the 2023 season. This activity will involve competition with our South Suburban Junior High Conference Schools. A \$30 sports fee will be assessed for those making the team. This must be paid within one week of joining the team in order to participate. Participation in the meets is not guaranteed. It is also reliant on behavior (both at practice and school) and grades.

For all away meets, the team will be traveling from Flossmoor to the hosting school and back again by bus. Home meets and some practices will be held at Homewood-Flossmoor High School. Students will walk to H-F and back to Parker on these days. After all meets and practices, the athletes are to arrange for their own transportation home from Parker Junior High (or from HF if the meet is there). If you wish to take your son/daughter home after away meets, the parent **MUST** sign them out.

Only those students who are in good physical condition should participate in this activity. The South Suburban Junior High School Association requires that all students participating in inter-scholastic games have a physical exam on file with the school.

**A complete physical examination will be required for tryouts.**

We would appreciate your written consent for your son / daughter to participate on the Track and Field team and attend all practices. The permission slip should be returned as soon as possible, please.

\*\*\*\*\* I understand the track forms are due Tuesday, February 28, 2023.

\*\*\*\*\* I understand that the regular season begins on **Tuesday, March 14, 2023**. **Cuts may be made after two weeks depending on numbers.**

\*\*\*\*\* I understand that all care will be taken to prevent accidents and injuries, but should any occur, the school and its coaches will not be held responsible in any way.

\*\*\*\*\* I understand that the sports physical must be on file in the Health Office prior to tryouts. The physical will be reviewed and verified by the Health Coordinator prior to participation.

\*\*\*\*\* I understand that my student will have each teacher fill out the Grade and Behavior Report.

We are looking forward to an enjoyable and meaningful season. See you at the meet!

Additional information, including meet schedule and running resources, will be distributed to our athletes and families once they are available.

Sincerely,

*Coach Morgan, Coach Erlandson, Coach Wright*

# **Parker Track 2023**

## **General Rules & Expectations**

1. ***All physicals and permission slips must be turned in before the athlete is able to participate.*** \*\*\*\*Students participating in the optional pre-season must turn them in the day before the first practice they plan on attending.
2. Rides must be here by **4:15 PM** to pick you up. Failure to be picked up on time twice may result in your removal from the team.
3. You must be changed into your gym uniform and ready for practice at 3:05.
4. Gym uniforms must be worn at practice everyday.
5. No food, gum, or candy is allowed at practice or meets unless you were told otherwise.
6. Overall Expectation: Give 110% at all times!
7. If I miss a practice, I might not participate in the next track meet. For a practice to be excused, I must have a written note from a parent for a legitimate reason. If I miss two unexcused practices, I will be removed from the team.
8. I know that I need to drink plenty of water (avoid soda), eat a balanced diet (plenty of fruits and vegetables) and sleep at least 8-10 hours a night. This will help me avoid injury and perform my best. I know I should have a drink and snack ready to consume immediately after practice each day. Water bottles and Gatorade are permitted and encouraged for use during practice.
9. I agree to the following expectations:
  - a. Show respect to all adults
  - b. Speak respectfully to everyone
  - c. Use appropriate language
  - d. Be kind to one another
  - e. Complete all homework
  - f. Display appropriate behavior in the classrooms and hallways
  - g. Maintain eligible grades (no U's) in order to participate in meets.
  - h. Remember the three expectations: Be Respectful, Be Responsible, Be Safe.


**Any athletes who fail to follow these expectations will be removed from the team.**

As with other sports, cuts may be made to the team at the end of the second week (due to numbers) and before conferences (when there are limited spots available). Also, not all students may be able to compete in the meets. Athletes may be rotated through different events to see their performance, try new relay combinations, etc.

# 2023 Schedule

A separate meet/practice schedule will be coming. Not all of the meets have been set yet.

## Major Meets/Information

Meet	Location	Details
Conference 5/????	Columbia Central Middle School	Top 2 in each event plus relays. This meet determines the conference champions
Sectional 5/14 9:00am	Manhattan Junior High School  15606 Smith Road Manhattan, IL 60442,	Top 2 in each event + relays. 1st place in each event plus anyone making the state qualifying time/distance advance to the state meet.
State Meet 5/20-5/21	Eastside Centre, East Peoria  1 Eastside Dr., East Peoria	The top athletes from around the state and 5,000+ spectators converge on Eastside for the two days of races.

## Away Meet Locations:

Memorial Junior High 2721 Ridge Road Lansing, IL 60438	Homewood-Flossmoor H.S. 999 Kedzie Ave Flossmoor, IL 60422
Columbia Central Middle School 94 W Richton Road Steger, IL 60475	Crete-Monee High School 1515 W. Exchange St. Crete, IL 60417

# 2023 State Qualifying Standards

FAT Standards				
Event	7th Girls	7th Boys	8th Girls	8th Boys
Pole Vault	7-00	7-09	7-06	9-03
Shot Put	27-00	34-11	29-02	40-08
Discus Throw	76-06	102-04	86-00	124-00
High Jump	4-07	5-01	4-09	5-06
Long Jump	14-08	16-10	15-02	18-04
100 Meter Hurdles	:17.94	—	:17.24	—
110 Meter Hurdles	—	:17.94	—	:16.64
100 Meter Dash	:13.54	:12.44	:13.34	:11.94
200 Meter Dash	:28.54	:26.14	:27.94	:24.94
400 Meter Dash	1:05.24	:59.34	1:04.74	:56.44
800 Meter Run	2:36.24	2:24.24	2:34.74	2:16.74
1600 Meter Run	5:45.24	5:16.24	5:42.24	5:01.24
4x100 Meter Relay	:56.24	:52.54	:54.74	:49.24
4x200 Meter Relay	1:59.24	1:51.74	1:56.24	1:43.74
4x400 Meter Relay	4:39.24	4:15.84	4:32.24	3:57.74



## Concussion Information Sheet

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:

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

### 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 in coordination
- 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. The Return-to Play Policy of the IESA and IHSA 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 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 keep the pages above and complete  
and turn in the pages below.**

# CONCUSSION ACKNOWLEDGEMENT FORM

## Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions.

### Student:

Student Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Parent or Legal Guardian:

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

Adapted from the CDC and the 3<sup>rd</sup> International Conference on  
Concussion in Sport Document created 7/1/2011, Reviewed 4/24/2013,  
7/2015, 7/2017, 6/2018

# Track & Field Permission Slip

ATHLETE'S NAME (PRINT) \_\_\_\_\_

GRADE:                      6        7        8        (circle one)

PLEASE INDICATE WHETHER YOUR CHILD WILL BE PICKED UP OR WILL WALK HOME FROM PRACTICES AND/OR MEETS.

\_\_\_\_\_ PICKED UP                      \_\_\_\_\_ WALK HOME                      (check one)

\*\*\* IF FOR SOME REASON THIS CHANGES OR THERE IS AN EXCEPTION, PLEASE NOTIFY US BEFOREHAND, IF POSSIBLE.

PLEASE INDICATE BELOW IF YOUR CHILD HAS ANY HEALTH CONCERNS OF WHICH WE NEED TO BE AWARE.

Media Release (please initial these if you agree to their use on the website) \_\_\_\_\_ Photos \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PLEASE INDICATE IF YOU ARE WILLING TO HELP WITH RECORD KEEPING DURING HOME MEETS. IT IS SIMPLE AND WE WOULD APPRECIATE YOUR HELP GREATLY!!

I CAN HELP RECORD TIMES AND PLACES ...

\_\_\_\_\_ DURING ALL HOME MEETS

THANK YOU!!

I GIVE PERMISSION FOR MY CHILD TO PARTICIPATE IN TRACK & FIELD.

\_\_\_\_\_  
PARENT'S NAME (PRINT)

\_\_\_\_\_  
PARENT'S SIGNATURE

\_\_\_\_\_  
DAYTIME PHONE NUMBER

# Extra Curricular Study Hall and Participation Guidelines

All students participating in sports or extracurricular clubs and activities will remain at school upon conclusion of the regular school day. All clubs, activities, and sports, unless there is a meet or game, will meet at 3:05. Study Halls have been arranged from 2:38 – 3:05 and are mandatory for continued participation in extracurricular activities and sports. The following guidelines will apply to all participating students:

- Students must remain in the building and report to their assigned Study Hall by 2:38. Attendance will be taken.
- While in Study Hall students are expected to work on homework and/or be productive with your time.
- All Parker Junior High behavioral expectations apply during Study Hall.
- Dry snacks and water bottles will be permitted in Study Hall.
- Non-compliance with the above guidelines will result in the student being removed from the team or activity for the remainder of the year.

Additionally, any fees incurred for participation in a sport or activity must be paid in full prior to the student participating. If the season/activity begins and fees are not paid, a student will be dropped from the roster.

These guidelines have been put into place to ensure all students have a successful experience in their extra-curricular activities. Participation in Parker Junior High's many extra-curricular activities is a privilege, which must be maintained through the demonstration of good character and positive behavior.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Grade Verification Form

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_

Class	Grade	Comments + Signature
<b>1: Social Studies</b> Teacher:		
<b>2: ELA</b> Teacher:		
<b>3/4/5: PE</b> Teacher:		
<b>4/5/6: Encore</b> Teacher:		
<b>7: Math</b> Teacher:		
<b>8: Science</b> Teacher:		
<b>9: WL or SEL</b> Teacher:		