

# CNHMS Track

All interested students are encouraged to represent your school and town by becoming a member of **The CNHMS Track Team**. The focus of the team will be on preparing for, and competing against, other local middle schools in dual meets and in the state middle school championships at the end of the season.

The program will introduce students to the fundamental aspects of track and field, focusing on the running events. The program is most appropriate for students who are self motivated and interested in becoming better athletes. Prior experience in track, cross country, or other sports is not needed. A positive attitude and willingness to try every day are required.

Practice and meets will generally be held 3 days a week, usually Tue, Wed and Friday with some exceptions including the first day which will be **Monday March 28**. A formal schedule will be available at the start of the season.

The program is open to all CNHMS students. Students should bring comfortable clothes (shorts or loose fitting sweats depending on the weather), running shoes or sneakers, and a water bottle. In addition **on the first day every student must bring a completed permission form and \$25 transportation fee**. Checks can be made payable to CNHMS. Students will not be allowed to stay or practice without these two items. Absolutely no exceptions. (In cases of financial hardship contact Mrs. Levinson the Athletic Director.)

The first week's practices will be on Mon. March 28 and Friday April 1<sup>st</sup>. Students should meet by the locker rooms after school. We will be running on these first days so students should bring appropriate attire. Each practice throughout the season will be over at 4PM and parents should plan on this as pick up time unless otherwise noted. Please be prompt.

I look forward to working with your son/daughter. If you have any questions now or at any time during the season please contact me:

Ed Grace, CNHMS Track Coach

(860) 742-6018 (home)

(860) 617-6904 (cell)...dates and times of practices/meets only, I do not carry cell otherwise.

[coventryxc@charter.net](mailto:coventryxc@charter.net) E-mail is the best way to contact me for routine matters.