2020 LOJ Track & Field

You must be completely registered by Friday, March 20th, by doing ALL the following:* 
1. **Submit a 2019/2020 LOJ Athletic Clearance Form** to the front office. 
   In most cases, this requires a physician’s signature. Please refer to the form, which can be found on the LOJ website under the Athletics tab. If you participated in another LOJ sport this year, you do not need to submit another form.
2. **Register and submit the $150 Athletic fee** on the Community School Website. 
   **The deadline to withdraw from the program and request a refund is April 3rd.**
3. **Return or pay for any missing uniforms** from any previous sports.

For new participants, orientation will be during advisory on both Tuesday and Wednesday March 17th and 18th. This meeting will be for all athletes new to LOJ Track & Field and will conclude by the end of the regular school day.

Practices and Meets
- **Starting Tuesday, March 31st,** practices will take place in the mornings from 7:20am to 8:40am Mondays, Tuesdays, Wednesdays, and Thursdays, unless there is a meet, half day, or no school.
- We will continue to have drop off for 6th grade in front of LOJ, and 7th and 8th in the back of the school by the LOJ Gym. Doors will be open by 7:00am.
- A morning activity bus will be available to those who need it. Stops will be made at the following elementary schools; Forest Hills, Oak Creek, and Lake Grove. (Pick up times for each school is 6:50am)
- There will be one meet each week beginning the week of April 8th.
- The season concludes with the district meet on May 12th (details to come).
- Participation in the district meet will be directly dependent upon your regular participation in practices throughout the season and district qualifying standards.
- **One-way transportation will be provided to all meets.** Parents are expected to transport athletes home. A form will be sent out and must be returned for our coaches’ records, if you plan to ride home with someone other than your parent.
- By participating in the track program, you are expected to attend all practices and meets unless you are excused due to illness or an emergency. (If you are absent from school, you may not attend practice or a meet that day.)

**Reasoning For Morning Track Practices**
Due to the Jr. High sharing facility space with the high school track team and lacrosse team in the spring, morning practices for LOJ would be much better for facility space and safety. There has been much planning and forethought put into the decision to have track practice before school and the pros definitely out weigh the cons. The three major reasons for morning practices are safety, facility space, and keeping my coaching staff. We have an excellent coaching staff here at LOJ that contribute greatly to our program, have a great rapport with our student athletes, and I’d hate to lose them. Once the meets begin practices will take place 3 days a week, from 7:20am - 8:40am and kids would have Friday's off. Morning practices will eliminate conflicts with other after school activities and commitments both in and out of school. Morning practices would alleviate all the conflicts that occur with after school activities. Thank you and GO SAILORS!!