

Goodrell Track & Field Season Guidelines

General Expectations for All Sports

- Students will not start practicing or attending competitions until they have been registered, completed the concussion waiver, and turned in a sports physical to the nurse. Students must attend at least three practices before being allowed to compete at an event.
- Students will adhere to the DMPS Handbook and Code of Conduct for middle schools and Goodrell's procedures for conduct violations.
- Students will wear appropriate athletic shoes for their sport; Students wearing Crocs, sandals, or other non-athletic shoes will be required to sit and watch practices and competitions.
- All sports practices start at 3:30 and students will exit the building at 5:00. Students should be off school grounds by 5:15.
- Athletes are encouraged to stay until the end of each event to support their teammates but may leave early with a parent or guardian. Parents/Guardians will sign out their student with the coaches at the conclusion of each competition if the student is riding home with them instead of on the bus.
- During the first two weeks of the season, practices will be every day (Monday-Friday) and after that there will typically be one day off per week once contests start. This will vary depending on the season and the dates of the competitions.
- If there are concerns about a student's role on the team, athletes/families will follow this chain of command:
 1. Student will talk to the coach(es)
 2. If not resolved between student & coach(es), parent(s)/guardian(s) can set up a meeting with the coach(es) and Student Engagement Coordinator after practice.

These conversations should not take place on the day of a competition and especially not right after the competition ends.
- Playing time is earned through hard work, being coachable and open to feedback, using appropriate communication verbally and non-verbally, and fulfilling the obligations of being a student both academically and behaviorally.
- When you put on a Goodrell uniform, you are a representative of our school and community and should always strive to live our Roar: What we say and how we say it; What we do and how we do it; For the betterment of our community!

The goals of all Goodrell sports programs are to:

- Build positive character traits in our students
- Prepare students for high school programs and beyond
- Create a sense of belonging in our community
- Give students an opportunity to have fun and compete

Track & Field Expectations

- Dress in layers for practices and meets. The weather is unpredictable in March/April and you should be prepared for hot or cold temperatures each day. Students will have an opportunity to check out a Goodrell Track & Field jacket.
- Grade check dates will be March 28 and April 11
- Students are responsible for their uniforms. Uniforms should be washed using cold water and hung up to dry. If you need assistance cleaning your uniform, we can wash it at school.
- Track spikes (shoes) are not required but would be beneficial for runners. The team has a limited amount of track spikes to loan to students during the season and they must be returned.
- All students will get the opportunity to try every event during the first week of practice. Please be open-minded about trying to find the event that best suits you!

Coach Contact Information

Head Boys Coach – Patrick Lowe
patrick.lowe@dmschools.org
 Assistant Boys Coach – Aric Rush
aric.rush@dmschools.org

Head Girls Coach – Angelique Smyth
angelique.smyth@dmschools.org
 Assistant Girls Coach – Brooke Nelson
brooke.nelson@dmschools.org

School Phone: 515-242-8444

Team Reach App Code: 36-36