

Welcome to the Herrick Track & Field Program!!

EVERYONE is welcome to join our Herrick Track program!!! We look forward to an exciting and challenging season. To make a quality team a reality, it requires dedication, cooperation, and teamwork from all involved in the program: athletes, parents, and coaches.

Our season begins with an introduction meeting that will take place on Monday April 4th from 3:30 - 4:00.

Before this date you **MUST** complete the following:

1. Sign up for the appropriate team.
2. Go on to the Herrick's Sports website and review the ENTIRE Track Information Packet with your parents or guardian.
3. Download and print the Physical Form, Student Athlete Agreement Form, and Concussion Information Form from the Herrick's Sports website.
4. Have a physical performed and sheet completed by your doctor. (You do not need to do this step if you have already participated in a sport at Herrick)
5. Review and sign the Student Athletic Agreement form
6. Return these forms to your coach during the Monday April 4th meeting.

Please refer any questions you may have to the appropriate coach.

Coaches

7th Grade Boys: Coach Dvoracek (ddvoracek@dg58.org)

7th Grade Girls: Coach Probert (sprobert@dg58.org)

8th Grade Boys: Coach Bergmeier (mbergmeier@dg58.org)

8th Grade Girls: Coach Siemek (ssiemek@dg58.org)

All Grades: Coach Berger (jberger@dg58.org)

April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Spring Break	2 Spring Break
3 Spring Break	4 ALL TRACK INFORMATION MEETING (3:30-4:00)	5 AM Practice (6:30-8:00)	6 AM Practice (6:30-8:00)	7 AM Practice (6:30-8:00)	8 AM Practice (6:30-8:00)	9
10	11 AM Practice (6:30-8:00)	12 AM Practice (6:30-8:00)	13 PM Practice (3:30-4:30)	14 Track Meet @ Glenbard South	15 No Practices	16
17	18 AM Practice (6:30-8:00)	19 AM Practice (6:30-8:00)	20 Track Meet @ Glenbard East	21 PM Practice (3:30-4:30)	22 AM Practice (6:30-8:00)	23
24	25 AM Practice (6:30-8:00)	26 AM Practice (6:30-8:00)	27 PM Practice (3:30-4:30)	28 AM Practice (6:30-8:00)	29 Track Meet @ Downers North	30

HERRICK MIDDLE SCHOOL TRACK CALENDAR

May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 AM Practice (6:30-8:00)	3 Track Meet @ Downers North	4 AM Practice (6:30-8:00)	5 AM Practice (6:30-8:00)	6 AM Practice (6:30-8:00)	7
8	9 Track Meet @ Glenbard East	10 AM Practice (6:30-8:00)	11 PM Practice (3:30-4:30)	12 Track Meet @ Glenbard South	13 No Practice Coaches Meeting Conference Teams posted PM	14
15	16 AM Practice 6:30-8:00 (Just Conference Team)	17 AM Practice 6:30-8:00 (Just Conference Team)	18 Conference Meet @ Benedictine College (11:00-6:00)	19 ***Conference Meet (RAIN DATE)	20	21
22	23	24	25	26	27	28
29	30	31				