



PRACTICE:

- First Day of Practice is April 6th
- Monday-Friday from 3:00-4:30
- Select athletes will continue to Oakland County meet (date TBD)
- Practices are mandatory, after 3 unexcused- you will be dismissed from the team. Please contact me via email or remind, if unable to attend, before practice.
- Be prepared with clothing for the weather. Days with lightning or heavy rain we will end practice immediately. We will communicate this to parents via REMIND text.

AFTER SCHOOL:

- Athletes will have access to the lockerroom to change after school. They will need to bring all of their belongings with them to the track.
- Practice will begin promptly at 3:00. Athletes should change and head directly onto the track and begin their warm-up.
- You may pick up your child at 4:30 by the gym entrance of the school.

UNIFORMS:

- Athletes are required to have the yellow team shirt. It will serve as the team uniform.
- The Team Store can be found at www.oxfordtrack.com/oxford-middle-school
- You are welcome to order additional items, these are the same items they will have in high school.
- Please wear blue shorts for meets.

EQUIPMENT:

- Please have your child ready to run with training shoes. We do recommend that these shoes are used primarily for running until the season ends.
- Track spikes are an option. They will not train with their spikes on. The only time we will allow them in practice is for time trials, relay practice and hurdles.
- You may want to get them a running watch. This is a helpful tool for them to feel more in control of their training and knowledge.

PAPERWORK:

- All athletes must have a physical on file and be registered in Appryse prior to the first day of practice
- <https://app.appryse.com/enroll/AYUDSC25>
- You will need to upload a sports physical, fill out the info and choose "middle school track" in appryse

RESULTS:

- All meet line-ups and results will be posted on athletic.net
- We recommend keeping the athletic.net tab to your browser directly once meets begin

COACHES:

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| • Jason Cady-Boys Head | jason.cady@oxfordschools.org | 248-778-5832 |
| • Anne Oliver-Girls Head | anne.oliver@oxfordschools.org | 734-634-7424 |
| • Richard Nicks | | |
| • Jake Trotter | | |
| • Julie Dwyer | | |