

Greetings Families & Student Athletes,

September 5, 2017

Welcome to the Kulshan MS Fall 2017 Track Season! We, Matt McLeod, Jason Sytsma, Kara Eckardt and Patrick McCann, are excited to be coaching track. Our expectations for student athletes is that they represent are school with Thunderbird Pride by being engaged participants and respectful, responsible role models both on and off the field. Please take time to review the following expectations with your child to ensure a successful season. We hope to see you cheering for your student athlete at our Kulshan meets. Please also let Coach MacLeod know if you can volunteer to bring snacks or be a timer!

Sincerely,

Matt MacLeod

Head Coach and Eighth Grade Teacher

(360)676-4886, ext. 4713

[Matthew.MacLeod@bellingshamschools.org](mailto:Matthew.MacLeod@bellingshamschools.org)



### **Student Athlete Expectations**

The basic expectation of players is respect; respect for teammates, coaches, officials, parents, and the game. Players are always encouraged to ask questions, raise concerns, and make suggestions. Players are also reminded that they are students first and athletes second. Coaches will be checking in with teachers, staff and administration on occasion to make sure everyone is up to date with their stamp checks and demonstrating good citizenship.

### **Attendance**

Players are responsible for communicating with their coaches in advance if they must miss a practice and are required to provide coaches with a note or email from a parent/guardian before or upon their return. District policy states that students must attend a minimum of 8 practices to be eligible to participate in a game or meet. Students are also required to attend practice the day before a game or meet and to be present at school the day of a game or meet to be eligible to participate. Students are expected to have consistent attendance thereafter as the sports season is short, it is important for players to attend practices and to build skills and learn how to work together as a team. Valid reasons for missing practice include illness and/or making prior arrangements for early dismissal for other school sport practices.

### **Practice Policy and Practice Pick-up**

Practices will take place from **4:00–5:25 PM at Kulshan Middle School, Monday–Friday**, with the exception of the early release Thursdays, non-school Fridays and holidays. **Please pick students up no later than 5:30 PM. Due to the large number of student athletes, we have divided pick up locations. Coaches will walk soccer players to the lower loop lot for pick up while track players will be picked up in the back lot. PLEASE DO NOT PARK IN THE BUS AND EMERGENCY VEHICLE LOOP!** If allowing your student to go home with a friend or other adult, please provide the coach with written permission.

### **Game/Meet Schedule**

A complete game schedule can be found on the Kulshan Website, under Athletics. A paper copy will also be sent home with students. Check the Calendar Preview and Daily Bulletin on our home game for a quick and up-to-date look at upcoming games and events. Any schedule change will be announced at practice, over the intercom, announcements and through School Messenger.

### **Transportation to and from Games**

Students are required to ride the bus to games. A bus will be available to bring students back to Kulshan if needed. If you wish to take your athlete home from an away game or meet, it is very important that you **check- out with one of the coaches first**. To ensure the safety of our players, unless a student has a written or e-mailed note, we cannot allow them to go home with anyone other than their parent or guardian. They must instead take the bus back to Kulshan.

Thank you! Please contact me with any further questions. Go Thunderbirds!

# Bellingham School District Middle School Sports 2017-2018

## Track

**Week #1**                    **First Practice – Tuesday 9/5/17; 4:00-5:30 p.m.**

**Week #3**                    **[8<sup>th</sup> practice = Monday, 9/18]**

Meet	Location	Schools	Event	Date
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[Running events Start Time 5:00 p.m. ~ approximate]

**Away vs Away vs Home**

<b>Week #3</b>	Civic	<b>All Schools</b>	Jamboree	Wed., September 20th
<b>Week #4</b>	Civic	<b>KMS vs SMS vs WMS</b>	Tri-meet	Wed., September 27th
<b>Week #5</b>	Civic	<b>SMS vs KMS vs FMS</b>	Tri-meet	Wed., October 4th
<b>Week #6</b>	Civic	<b>FMS vs WMS vs KMS</b>	Tri-meet	Wed., October 11th
<b>Week #7</b>	Civic	<b>WMS vs FMS vs SMS</b>	Tri-meet	Tue., October 17th
<b>Week #8</b>	Civic	<b>All Schools</b>	Tournament	Tue., October 24th
	Civic	<b>All Schools</b>	Tournament	Wed., October 25th
<b>Last day of season</b>				<b>Fri., October 27<sup>th</sup></b>

