

Hello Kulshan families!

Thank you for your patience regarding forthcoming information regarding KMS Track and Field! It has been so exciting getting fall sports up and running. Below I hope to provide a fuller picture of our season and answer some of the more common questions I have received. If there is something more specific that you need, please don't hesitate to reach out. Thank you!

### **Coaches**

Taylor Han, Chloe Bolland, Kara Carroll, Logan Hilgers

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### **Practice Time / Logistics**

Practice is 4:00 - 5:30 pm Monday through Friday

**\*\*Practice is held on full school days. There is no practice on non-school or early release days.**

### **Jamboree (Wednesday September 22nd)**

The Jamboree is a form of practice meet for students to get a sense of what we do at track meets and competitive events. There is no practice requirement. I have sent a MS Forms link (as of Monday morning) to student emails so that they can choose **UP TO** 4 events they are interested in.

### **Bussing and Transportation**

Students will be bussed from Kulshan to Civic Field on meet days. Students are required to ride the bus and can be checked out / driven home by families at the meet. Snacks are provided on meet days prior to our departure.

### **No-cost Snack**

We are thrilled to have a program providing no-cost snacks to every student who would like one this year. Students can get a snack after changing out and before we begin warm-up laps. Students can eat them then or put them away if they want to save it for later. Students are not required to take a snack.

### **Off-campus running:**

Distance runners will have the opportunity to run off-campus with a coach to build endurance. We run on Galbraith and at Whatcom Falls park. As of Week 2, we have not yet incorporated

this aspect of practice due to the large number of students and building good practice routines. Please let me know if you would like your student to ONLY practice on campus.

**League Practice Requirement:**

Students must attend at least eight (8) practices prior to competing in a track meet. The Jamboree does not have a practice requirement. We take attendance after an initial two warm-up laps and snack dispersal, so students have ample time to get out to the blacktop before we take roster. If your student needs to leave early / arrive late that is fine, but please have your athlete email me before and after as a heads up and reminder to ensure their attendance is counted. Thank you!

**Uniforms:**

Team Jerseys are required for competitions, and are provided by Kulshan. Students should wear shorts for running events. If possible, we encourage shorts and pants that are KMS colors (or neutral).

**Volunteers for track meets**

We need volunteers to help facilitate track meets. Some tasks involve marking distances for throws and jumps, recording data, helping with equipment. Please reach out to me if you would like to help our kids have a fantastic season!