



École Intermédiaire  
Shuswap Middle School  
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To parents of students participating in the Grade 6/7 Track & Field Program. Grade 6/7 Track & Field is an introduction to the events of Track & field at the School District level. It is our hope is that this short exposure will instill a desire to potentially continue next season in our Gr.8 track and field program to compete at regional and provincial competitions and into Track and Field programs at high school. All information is found on the following website as well:

Website: <https://dgecse.weebly.com/gr-6-7-track--field.html>

### **Expectations**

There are many tactical and technical guidelines in track meet events from relays, to running, jumping, and throwing events, including safety. Attendance at practices is an integral part to athletic skill development in events, safety, and to supporting the team. It is expected that players attend all practices as part of their commitment to the team and themselves. It is expected that the coach will receive ample notice (at least one day) if a player is unable to attend a practice.

Preparedness for practices is important. Please wear appropriate athletic clothing to exercise, run, jump, and throw. Shorts, athletic pants or leggings, athletic shirt, and proper footwear are necessary at practices. Hats, water bottle, and sunscreen is also vital in an outdoor training and practice environment.

**TRY OUTS:** On the calendar are SMS track event tryout dates. Students are expected to attend all practices and will NOT be permitted to only come to tryout dates. If you do not practice with the SMS team, then you will not try out for events for our SMS track team.

### **Coaching Staff**

My name is Derek Gecse, I am a teacher at SMS and I am involved as a coach and coordinator to our Track and Field program. We also have Mrs. Wyona Maddigan, and Mr. Henderson as coaches to support our track and field program at SMS. If you should have any questions, please contact me at the information provided below.

### **Fees**

The cost to participate in the program is \$20/per student. The fee is part of our sports program fee at SMS to support equipment replacement, field maintenance, administration fees, and also will go to a wind-up for our SMS track team students. Please pay at the OFFICE. All RECEIPTS will be issued and kept with Mr. Gecse to confirm payment.

### **Schedule**

Please see the attached Calendar Schedule.

Mr. Derek Gecse  
SMS Middle Teacher/ Track & Field Coach & coordinator.  
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