

Roscoe Middle School Track Participant Information



PRACTICE:

- Track practices will begin on **Monday, March 10th.** Practices are MANDATORY!

- **Practice is after school until 4:30 if we are inside, and 5:00 if we are outside.** Boys will practice on Monday and Wednesday, girls will be on Tuesday and Thursday. Friday practices will be reserved for periodic breakout sessions and/or individual drillwork. As we get closer to the meets (****After Spring Break****), practices will be combined.

- Please dress appropriately for indoor or outdoor practice. We will practice outside as much as possible. It can be cold! Always prepare as if we are going outside.

- Track is a running sport, and we expect all of our athletes to be able to run at least one half mile without stopping. If this is not something you can do at this point, now is a great time to start practicing!

- We understand that everyone will have different strengths and weaknesses when it comes to running and field events. Coaches will do their best to put athletes in a position where they can be successful and also participate in the events that interest them.

Track is a fun and competitive sport, and we look forward to having you as part of the RMS 2025 Track Team!

Coach Valentine	avalentine@kinnschools.org
Coach Dopp	sdopp@kinnschools.org
Coach Ferguson	aferguson@kinnschools.org
Coach Warren	haleywarren1521@gmail.com

PAPERWORK:

- Physicals must be turned in to either the office or to Ms. King before the first practice **(March 10th)**

- By the first day of practice, you must have on file a **physical, signed concussion sheet, emergency form**, and a **signed permission form**. These forms can be filled out online at <http://roscoeathletics.weebly.com/> under the FORMS tab.

- Please join the Track 2025 Google Classroom: c4aubig (Class Code) All information will be here: practice times or cancellations due to weather

- Please make sure your ride is here on time!

- Eligibility is run every week. You are not allowed to participate if you have an F.

- **By the first meet, you must have paid your \$80 athletic fee.**

Upcoming Events: Indoor practices will run until 4:30, but be prepared to go outside.

Outdoor practices will end at 5:00.

- Monday/Wednesday, March 11th and March 13th: practice 3:30-5:00 (boys)
- Tuesday/Thursday, March 12th and March 14th: practice 3:30-5:00 (girls)



Roscoe Track Schedule 2025

DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week of March 10th	Practice (Boys)	Practice (Girls)	Practice (Boys)	Practice (Girls)	no practice	
Week of March 17th	Practice (Boys)	Practice (Girls)	Practice (Boys)	Practice (Girls)	no practice	
Week of March 24th	SPRING BREAK: NO PRACTICE					
Week of March 31st	Practice Boys and Girls	Practice Boys and Girls	Possible Meet	Possible Meet	TBD	
Week of April 7th	Practice Boys and Girls	Practice Boys and Girls	@SMMS	Practice Boys and Girls	TBD	
Week of April 14th	Practice Boys and Girls	@Freeport	Practice Boys and Girls	Practice Boys and Girls	TBD	
Week of April 21st	Practice Boys and Girls	Practice Boys and Girls	Practice Boys and Girls	@RMS	TBD	
Week of April 28th	Practice Boys and Girls	@RMS	Practice for Conference Athletes	Practice for C.A.	Practice for C.A.	Conference @ Rockford Christian
Week of May 5th	Practice for Sectionals Athletes	Practice for S.A.	Practice for S.A.	Practice for S.A.	Practice for S.A.	
Week of May 12th	Practice for S.A.	Practice for S.A.	Practice for S.A.	Practice for S.A.	Practice for S.A.	Sectionals @ Geneseo MS
Week of May 19th	Practice for State	Practice for State	Practice for State	Practice for State	State Finals in Peoria	State Finals in Peoria