

2020-21

PLMS



Track and Field

You will need:

- **Sports Physical on file in the office**, if you did one last year you need to fill out the update form
- **COVID waiver on file in the office**
- **Proof of insurance form on file in the office**
 - *All paperwork needs to be turned into the office before the first game!*
- Athletic shorts (any length is fine)
- Socks
- Athletic gym shoes (running shoes are preferred but not required)
- Water bottle
- You will be assigned a uniform, tops and bottoms for meets) which will be returned at the end of the season

**If you need assistance with any of these items please let either the office or your coach know ASAP and we will be happy to help.*

Practice will be Monday-Friday 3:30-5:00 in the PLMS gym.

You will need to attend all practices before you can compete at the first meet. Attendance will be taken at all practices.

Athletic lockers- you need to check out a locker from Mrs. Wheeler, I do not have locker info or combos

Your Coaches contact info is:

Head Coach Ryan Swift rswift@mdsd.org 208-954-0613

Asst. Coach Janell Hodsdon jhodsdon@mdsd.org 208-880-9254

Meet Schedule

Date	Hosting	Attending	Start Time
April 6	Parma	McCain, Homedale, McCall	4:00 pm
April 15	Fruitland	Weiser, McCall	4:00 pm
April 20	Weiser	Fruitland, McCall, Ontario	4:00 pm
April 29	McCall	Homedale, Weiser	4:00 pm
May 4 & 5	Parma	SRV Districts	4:00 pm

Away Meet Locations:

Fruitland Middle School: 800 S Pennsylvania Ave, Fruitland, ID 83619

Parma Middle School: 905 E McConnell Ave, Parma, ID 83660

Weiser Middle School: 320 E Galloway Ave, Weiser, ID 83672

Transportation/Food

Students must be transported on school busses to all away games. They may be picked up at the location after the games by their parent/guardian but must sign out with their coach before leaving.

You may have your child picked up by another parent if a form from the office is filled out in advance and given to the coach. Both 7th and 8th grade travel together. Teams usually stop to eat on the way home.

Athletes need their own money to purchase meals if they do not bring one with them. Sack lunches may be available upon requests.

Activity Eligibility

To be academically eligible for activities, a student must be enrolled full-time (at least five classes) and have received passing grades (2.0 with no F's). Students with an IEP may be eligible at the discretion of the principal and athletic director. Dually enrolled students must take the ISAT Test, and score at grade level, in order to participate.

Payette Lakes Middle School Academic Probation: Grades will be checked before practice begins for each sports season or when a student joins a team. If a student is academically ineligible, probation will be effective immediately. Fourth quarter grades from the previous year will be used for initial grade checks for fall sports. This includes 6th graders moving to 7th grade.

Each week grades will be submitted to the athletic director for review. Middle school students who are on academic probation will be required to attend assigned tutorials. During the first week of probation, he/she will be required to practice and compete in games and performances on non-tutorial days. There will be no exceptions. If, after the first week and second grade check, the athlete's grades are still not passing, he/she will be removed from probation and be subject to the "beyond the second two-week-no pass period procedures.

Beyond the Second Two-week No-pass Period:

If the athlete has not raised his/her grade within the required time (one week for middle school), he/she will not be allowed to compete in games but will still be required to practice. Tutorial is required. There will be **no exceptions**. At the middle school level, students will be allowed to participate in competitions when their grades are acceptable. This will be verified by the principal or athletic director.

Attendance

If a student misses more than the first sixty minutes of the school day, he/she cannot attend practice. If the parent does not call the office or write an excuse, the absence will be considered unexcused. Student athletes are required to be in attendance the entire day on game days. Medical appointments, family emergencies or special circumstances will require approval of the coach or the Principal in order to practice or participate in a game. A student suspended from school may not participate during the time of suspension.

***** There are other expectations for practice, games, and travel in relationship to COVID safety measures that can be found in the district's re-opening plan and will be discussed with all players by coaches.**