

REGISTRATION FEES AND FORMS ARE DUE ONE-WEEK PRIOR TO THE START OF THE TRACK/FIELD SEASON, WHICH BEGINS: 3/11/24

MHS **spring** sports registration is online only. To register go to: minnetonkaschools.org, click on **Activities** in the menu bar:



ACADEMICS

ACTIVITIES

DISTRICT

SCHOOLS

then scroll down and

click High School Athletics and scroll down and click on:

REGISTER NOW FOR HIGH SCHOOL ACTIVITIES AND SPORTS

Note the following *required procedures with this online registration process:

1. If you have not previously registered for middle school or high school sports and/or clubs or enrichments where a fee payment was required, you will need to create a **NEW family login and password**. Once you have created one, the online registration will connect you to your middle and high school students for you to choose which student you wish to register. **NOTE: First time users will be asked to provide your student's 6-digit school ID# (noted as "Other ID" in Student Skyward).** When asked if you have a Key, please choose the "I do not have a key" option.
2. **SPORTS PHYSICALS.** All MSHSL sanctioned sports athletes are required to have a sports physical on file dated within 3 years that **must remain current throughout the sports season** they are participating in. ***If your student does not have a current sports physical on file with the MHS Activities Office, or it will expire during the season, you will not be able to register them for any MSHSL sports until a current one is on file.** To see what date is currently on file, go to your student's SSO/Student Skyward and under their Health Information choose "Physical" to see what date is on file.

***IMPORTANT:** If you are a **transfer student** or **foreign exchange student**: Prior to registering, you must first complete the respective form located under **High School Files and Links** located on the right-hand side of the online registration homepage. If you are **requesting a scholarship**: Please read the information located under the payment box on the left-hand side on how to register.

The MHS Activities Office is open Monday through Friday from 7:30 a.m. - 4:00 p.m. We are accepting online registrations only. If you are not able to register online at home, we have laptops available for your use in the MHS Activities Office.

Questions regarding registration? If you have difficulty creating your family log-in or registering, please click on the "Need Help?" option at the top of the registration homepage. There is also a "Contact Us" option if you have any registration questions for the Activities Office Staff.

STUDENTS CANNOT PRACTICE OR TRYOUT IF THEY ARE NOT CLEARED BY THE ACTIVITIES DEPARTMENT

PAC (Parent-Athlete-Coach) Meeting: Monday 3/18 at 5:30 in the Forum at MHS.

2024 Minnetonka Girls' Track and Field Policies

TEAM INFORMATION SITES:

- **Tonkatrack.org - General information**
- **Minnetonka.trackcentral.net - Results and statistics**

FUNDRAISING

Captains will organize several fundraising activities, which may include car washes, timing at meets, restaurant promos, etc. Full participation is expected.

UNIFORMS

Uniforms are issued to athletes at the start of the season. There will be a \$100.00 deposit fee for the uniforms. Uniform return date and time will be set up with coach, athletes and equipment manager.

TEAM POSTER

The criteria for the team poster includes captains, third year seniors, athletes who were All Conference or who scored in the Section Meet.

AWARDS BANQUET

A potluck will be at a date and site to be determined and details will follow. Memories of the season are shared, awards presented, and seniors are bid a fond farewell. Specifics will be provided by captains as event approaches and the rent is subsidized through fundraising activities.

SPECTATOR FEES

Ticket price for home track and field meets: \$5.00/student, \$7.00/adult

MULTI- SPORT ATHLETES AND PERSONAL COACHES

During the season, we expect that Track and Field will be your primary sport. We understand that we have multisport athletes and we will do our best to meet your needs, but we expect that Track and Field will be your priority.

Private coaches for Track and Field during the season (outside of our Minnetonka coaching staff) are not in the best interests of the athlete or the team.

We all want what is best for the student athlete. Communication with all involved is CRITICAL to ensure the athlete's health and success.

TEAM RULES

- Athletes must follow MHS and MSHSL rules regarding participation.
- Athletes will be on time to practices and games.
- Athletes will clear absences from practices and meets with their coaches in advance, when possible. **SCHOOL SPONSORED SPORTS** will take precedence over club sporting activities.
- Athletes will schedule work commitments around meets and practices.
- Athletes will respect coach's decisions.
- Athletes will practice good sportsmanship and refrain from using foul language or inappropriate gestures.
- Athletes will represent Minnetonka High School in a respectful manner.

PARTICIPATION FOR PE CREDIT OR VIOLATIONS SERVED

Athletes competing to earn PE credit or to serve time for violations in another sport must submit a request PRIOR to the start of the season and complete the season in good standing. This includes good attendance and participation in varsity or JV meets. Failure to do so will result in a recommendation to deny PE credit and/or time served for violations.

LETTERING REQUIREMENTS

1. **Attitude:** The coaching staff will determine if the athlete's attitude is acceptable based on the following:
 - Does the athlete accept assigned workouts with a positive attitude?
 - Does the athlete consistently work up to their ability in practices and meets?
 - Does the athlete serve as a good role model and display good sportsmanship?
 - Does the athlete take care of equipment, uniform, and locker room?
 - Does the athlete show interest in the performances of self and teammates?
 - Does the athlete properly prepare for competition?
 - Does the athlete respect the coaching staff and the decisions they make?
 - Does the athlete advocate for the sport?
2. **Attendance:** Attendance is crucial to an athlete's success; therefore, we have a strict attendance policy:
 - Athlete must arrive on time to practices and meets. Practice times are 3:15-5:30.
 - Athlete will NOT come to practice when ill.
 - Athlete will schedule work commitments around practices and meets.
 - Athlete may not earn a letter and may be removed from the team if she has more than five absences.
 - Athlete is expected to complete entire practice workout if leaving early, in order to be counted present.
 - Athlete is expected to remain for the entire meet unless cleared in advance.
 - Athlete may not letter if she misses two meets.
 - Athlete will clear all absences from practices/meets with head coach AND event coach in written communication, in advance, if possible.
 - Athlete is committed to attending practices/meets and to working hard while there.
 - Athlete must complete the season as a productive member of the team.
 - A senior who has completed 2 seasons and has shown effort and commitment may earn a letter.
 - An athlete who has shown commitment and effort as a member for 3 years may earn a letter.

(Lettering Requirements continued on next page.)

3. **Standards:** Provided that attitude, attendance, and participation are satisfactory, a letter will be awarded if the athlete:

- Places individually in the Conference or Section Meet
- Is a member of a 1st or 2nd place relay at Conference Meet
- Is a member of a 1st-4th place relay at Section Meet
- Qualifies for the Section Meet as an individual.

In addition, athletes can earn a letter by achieving the following performance standards in a meet providing all other criteria are met. Times are FAT (Fully Automatic Timing) timed or handheld with rounding up and adding a .24, per Federation rules.

Performances:

100 Meters	13.90
200 Meters	28.50
400 Meters	63.50
800 Meters	2:30.0
1600 Meters	6:00.0
3200 Meters	13:00.0
100 Hurdles	17.5
300 Hurdles	52.5

Long Jump	15'4"
Triple Jump	31'6"
High Jump	4'8"
Pole Vault	8'0"
Shot Put	30'0"
Discus	90'0"

*****Head and assistant coaches make final decisions regarding lettering.*****

CHEMICAL VIOLATIONS

Any athlete who has committed a chemical violation during the season will be subjected to MSHSL rules. This includes summer as stated in the contract with MHS and MSHSL. We as a coaching staff expect our athletes to be committed to the health and welfare of the team by honoring that contract.

SHOES

A good pair of running shoes for training is **ESSENTIAL!** It is the single most important piece of equipment for track athletes. We highly recommend purchasing shoes from a reputable running store.

The following stores will give Minnetonka athletes a discount:

- TC Running Company 952-944-7386
- The Lakes Running Company 952-470-5444
- Gear West 952-473-0377

For any additional questions about the season not noted in this packet, please contact:

Head Coach Jane Reimer-Morgan at: jerm824@gmail.com