THURSTON MIDDLE SCHOOL

Athletic Consent Form Directions, Spring 2011

Please read the following carefully. ***Students will not be allowed to participate unless these directions are followed.***

- All students planning on participating in Spring Track and Field must submit:
  1) a valid physical exam
  2) a completed athletic consent form
  3) $125 athletic fee
    - **Due Date: March 25th**

- There are no team try-outs.

- Physicals are valid for 13 months. Since the Track and Field season begins at the beginning of April, **only physicals completed after March 1, 2010 will be considered valid. One must be attached to the athletic consent form.**

- Athletic consent forms are available on the Thurston Middle school web site and hard copies will be available in school. They will be distributed at informational meetings and at lunches. Extra forms will be in the office.

- The form needs to be filled out completely by a parent/guardian. Parent/guardian and student sign it.

- Students must meet academic eligibility requirements in order to participate in sports at Thurston.

- If your child opts not to participate within the first week of the season, the athletic fee will be returned to you.

- Students can put the forms in the box marked "Middle School Sports" in the office before school, during lunch or after school.

Eligibility Requirements for Competitive Sports

Academic Requirements:

- **Grades of C- or higher in all subjects**

- Students with "Unsatisfactory" or "In Danger of Failing" comments on progress reports will be considered ineligible until their team leader verifies that performance has improved to a satisfactory level.

Other requirements:

- Students must be present in school in order to participate in practices and games.

- Students must dress for and participate in their scheduled physical education classes in order to be eligible for participation.

- Students who are suspended—either in-school or at home—may not participate in practices or games during the days of their suspension.

- After-school detentions assigned for inappropriate behavior or homework make-up take precedence over athletic practices and games.

- Students participating in or attending Thurston sporting events are expected to adhere to the code of conduct in our hand book.

MEDICAL CONSENT FORM – THURSTON MIDDLE SCHOOL

NAME OF SPORT

FALL_____

WINTER_____

SPRING_____

Name: _____ Grade: _____

Address: _____ D.O.B.: _____

Has your child been diagnosed with or has s/he experienced any of the following?

	YES	NO	EXPLANATION/COMMENTS
ALLERGIC REACTIONS			
ASTHMA			
VISION PROBLEMS/CORRECTIVE LENSES			
HEART DISEASE			
CHEST PAINS			
HEART MURMUR			
HIGH BOOLD PRESSURE			
DIABETES			
MISSING PAIRED ORGAN			
HEAD INJURY/CONCUSSSION			
HEAT INTOLERANCE			
MUSCULOSKELETAL INJURIES			
CONVULSIONS OR SEIZURES			
SURGERY			
OTHER			

CURRENT MEDICATIONS: _____

I hereby give permission for my daughter/son to participate in any/all competitive athletics at Thurston Middle School. I understand that interscholastic athletics involves the potential for minor, major and catastrophic injuries which are inherent in all contact/non-contact sports. I understand that Thurston Middle School and the Westwood School department are not responsible for injuries my daughter/son may incur while participating in athletics.

In case of accident, I give permission to have my daughter/son treated for any medical emergency that might arise in the event that I cannot be contacted or in extreme emergency where immediate treatment is necessary.

My daughter/son and I have read and understand the school athletic regulations as outlined in the Student Handbook. I will notify the school nurse or athletic trainer immediately should my daughter's/son's medical condition change.

Signature of Parent/Guardian _____ Phone (H) _____
(C) _____
Signature of Student _____ (W) _____

Physician in Case of Emergency _____ Phone _____

Date of Physical _____ School Nurse Signature _____

Date Consent Form Submitted _____ Athletic fee submitted with this form: ❒ Yes ❒ No

For School Use Only Date Rec'd: _____

Physical good until: _____ Athletic fee received: ❒ Yes ❒ No

❒ Nurse's copy ❒ Trainer's copy ❒ Coach's copy

Thurston Middle School Track and Field

Spring has Sprung! Coaches Marchbanks, Lopes, Tierney and McCarthy are looking forward to having another great season!

Important Info:

- Practices will take place from 3:30 - 4:45 at the HS track, Monday-Thursday
- Commitment: Four days a week
- If you cannot make a practice or meet, please come to school with a note and give it to one of the coaches. Lack of attendance affects the extent to which you participate in a meet.
- We invite all friends and family to come cheer us on! At all meets, we will be looking for parent volunteers to help with recording individual runners' times and fielders' results.
- *Please see back for Frequently Asked Questions*

Coed Middle School Track and Field Season Schedule

Day	Date	Time	Opponent	Facility
Thu	Apr 28	3:30PM	@ Medfield Middle	Medfield High School
Thu	**May 5**	**3:30PM**	**vs. Dedham Middle School**	
Thu	**May 12**	**3:30PM**	**vs. Needham Middle School and BC High**	
Mon	May 16	3:30PM	@ Ashland Middle School	Ashland Middle School (old HS)
Thu	**May 19**	**3:30PM**	**vs. Hopkinton Middle School**	
Mon	**May 23**	**3:30PM**	**vs. Natick Kennedy+Wilson Tri-Meet**	
Thu	May 26	TBA	@ Wellesley Middle School	Wellesley High School

Bold indicate a home meet

All races will begin around 3:30 PM. Transportation to all the meets is provided. Please remember that if you pick your son/daughter up from a meet they must sign out before they leave.

Looking forward to a great season!

Tiffany Marchbanks tmarchbanks@westwood.k12.ma.us
Karen Lopes klopes@westwood.k12.ma.us

For up to date information please clearly print your email address and return this bottom portion only.

Your Name_____ Student's Name_____
Email_____

Frequently Asked Questions-TMS Track and Field

- **What kind of commitment is required to be on the team?**
  4 days a week from 3:30-4:45 Monday thru Thursday (includes early release Wednesdays) at the high school track

- **What equipment do I need?**
  Students will be expected to dress in accordance with the weather. We live in New England so the weather varies greatly throughout the week and even day. We encourage students to dress in layers – athletic pants, shorts, t-shirt, long sleeve, sweatshirt. Sneakers are also required.

- **Why does practice start at 3:30?**
  The high school track and field team uses the space until this time. The later start also protects students as the weather gets warmer.

- **What do I do before practice starts?**
  Students may go home. Or they can go to room 120 for a study hall everyday EXCEPT Tuesday and Early Release Wednesdays– remember there are afterschool activities until 3:30 including open library. Students may NOT wander around the school. Students who choose to attend the study hall are responsible for having appropriate materials – textbooks will not be provided. Study hall is not available on early release Wednesdays; students must leave the school and return to the track at 3:30.

- **What events do we compete in and are there restrictions?**
  Field Events: long jump, high jump, shot put
  Running Events: Mile, 100 m, 200 m, 400 m, 800 m, 4 x 100 relay
  A team member may only be in one running event/one field/and one relay during a meet
  Only a certain amount of team members may participate in each field event during a meet

- **What time do I need to be at the track for home meets?**
  3:00 dressed and ready to go.

- **What time do we leave and get back from AWAY meets?**
  The buses leave TMS at 2:30. Students sign in and then board the bus at the Senior Center. It is difficult to know what time we will arrive back at school. Every team runs their home meets differently. The coaches always make an announcement on the bus when we are 20 minutes away from school, so the students can call for a ride.

- **Should I pack a sandwich or snack for practice, home, or away meets?**
  We encourage all the runners to pack water and healthy snacks for an hour before practice or meet.

- **Are there two teams?**
  At this point we do not know how many students are signing up, so we don't know if we'll even need two teams. We will let you know at a later date if we need to divide up into two teams for AWAY MEETS ONLY! If we do divide up all 8th graders are on BOTH teams.

- **What happens if a meet/practice is canceled?**
  If a meet or practice is canceled there will be an announcement and students will notify their parents. Practice will rarely be canceled as there are many strength and technique drills we can do in the gyms.

- **Where can I find the schedule?**
  The schedule can be found by accessing the high school web site. Click student life-athletics –schedules. Under schedules change ALL TEAMS to track and field
  middle school coed.