



Thunder Ridge Track Information

Head Track Coaches:

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Middle School Athletic Philosophy:

The cornerstones of the Cherry Creek School District middle level athletic program are: inclusion/participation for all (no cut policy), skill development, teamwork, and sportsmanship. We believe in healthy competition, but winning is not our main objective—participation is. We believe winning is the natural result of students doing their very best in practices and games in a cooperative effort. Success lies not in being the best, but in doing one's best. We expect our teams to grow and develop an attitude that reflects team spirit, cooperation, and pride.

Important Dates:

Date	Event	Time (time are approximate)	Location
Thursday, 8/16/24	First practice	3:55-4:40 pm	TRMS
Wednesday, 8/28/24	Infinity @ TRMS	4:30-7:00 pm	TRMS
Tuesday, 9/3/24	Campus @ TRMS	4:30-7:00 pm	TRMS
Wednesday, 9/4/24	Horizon @ TRMS	4:30-7:00 pm	TRMS
Wednesday, 9/10/24	TRMS @ Prairie	4:30-7:00 pm	Prairie Middle School
Tuesday, 9/17/24	TRMS @ Fox Ridge (with Liberty)	4:30-7:00 pm	Fox Ridge Middle School
Saturday, 9/21/24	District Track Meet at Legacy Stadium	TBD- more info to come during season	Legacy Stadium @ Cherokee Trail HS

Athlete Information/Cost:

- Fee - \$60 (cash, check or credit. **For credit card**, please go to the TRMS website> click on payments> middle schools> TRMS> Track. **Please indicate athlete's name and grade online or on cash/check.**)
- Please fill out the athlete information form on the TRMS website. Click on Athletics>Forms>Emergency Info.
- Scholarships are available – please request from your coach and complete a CCSD Scholarship/Fee Waiver Request Form and attach necessary paperwork if you need.
- Refunds -- refund requests will be granted up until the first meet on August 28. Contact the head coach.

Attendance Eligibility:

To participate in practices and/or meets, athletes must be in attendance at school a minimum of half of the given school day (minimum of 4 hours). **In order to participate in dual track meets, athletes must have attended a minimum of five practices.** To participate in the District Meet, athletes must have competed in at least two dual meets.

Events

- Running: 55 Meter Hurdles, 1600 Meter Run, 800 Meter Relay, 800 Meter Run, 100 Meter Dash, 400 Meter Run, 400 Meter Relay, 200 Meter Dash
- Field: Long Jump, Triple Jump, High Jump, and Shot Put

Uniforms/Equipment:

- Required
 - Uniform –Athletes will borrow and return a school-owned uniform.
 - T-shirt + shorts needed for practice. Uniforms and black shorts required for meets.
 - Soft-soled athletic shoes
 - running flats or 1/8”inch nubbed shoes are allowed
 - spiked shoes 1/8” or less are allowed but not required
 - Water bottle (highly recommended)
 - Jacket, pants, etc. for cooler weather (recommended)

Practice:

- Monday – Thursday from 3:55-4:40
- Students may access the locker room between 3:45-3:55 pm to change clothes.
 - Students not dressed appropriately will not be allowed to practice. (Including appropriate footwear)
 - Students can take their belongings with them to the field or lock them in a PE locker.
- Students should be dressed out and on the field by 3:55 pm.
- Practice includes stretching, running, and conditioning activities combined with individual event preparation.
- Students missing practice should notify their coach ahead of time when possible. Students should bring a note from their parent/teacher to excuse an absence. Unexcused absences may result in limited or no participation in the next meet.
- Students are expected to show PRIDE and honor our Athletic Code of Conduct. Violations may result in consequences including suspension from participating in athletics.
- Late bus transportation is provided. The late bus departs at 4:50 pm.
- Students not riding a bus should be picked up immediately after practice by 4:50pm or should walk home directly after practice.

Meets:

- Events
 - Students may be placed in **1-3 events** in any combination of field and running. The number of events depends on the number of athletes and is determined by coaching staff.
 - Each team may enter up to 3 athletes per sprint event, 5 per field event, 3 teams per relay event, and an unlimited number of athletes in the 800 meter and 1600 meter runs.
 - Coaches will work with athletes to place them in the events they feel will be most successful to the athlete and their team. We encourage athletes to compete in at least one running and one field event.
- Home Meets
 - Coaches and athletes are the only ones allowed on the inside of the track. **Family members, siblings, spectators NOT ALLOWED on the in-field.**
 - Pets are not permitted on school grounds at any time.
 - **Starting time for all meets is dependent on transportation.** Field events will begin shortly after the school day ends, and running events will begin when the visiting school arrives.
 - Students are to be picked up promptly at the conclusion of home meets (approximately 6:40pm) or need to walk home immediately if designated on the emergency google form.
- Away Meets – Transportation
 - Buses are provided to and from all away dual meets. If the athlete plans to ride home from an away meet with their parent/guardian or designee that adult **MUST** sign them out with their track coach.
 - If riding home with a person other than a parent/guardian or designee noted on the google form, students must present their coach with a dated note signed by a parent at least 24 hours before the meet. **No exceptions!**
 - Students are to be picked up at the conclusion of away meets (approximately 6:40 pm) or when the bus returns to TRMS. Your promptness is appreciated!
- District Meet
 - Eligibility for the district meet is limited. Coaches will attempt to secure a spot for every team member. Student athletes must provide their own transportation to the District Meet held at Legacy Stadium, which is located on the Cherokee Trail High School campus. More specific information regarding the District Meet will be provided to athletes and parents during the last week of the track season.