

King Indoor Track information 2017  
January 31, 2019

**Physicals:** All students must have had a physical within the last 2 years to be eligible to participate in track. The King nurse's office will have a record of your child's last physical if they have participated in athletics at King. Proof of physicals can be faxed from your Doctor's office to our nurse at 874-8290.

*Students will be allowed to practice during the preseason, but will not participate in the meets if they have not provided proof of a physical.*

**Permission Form:** All students must return a signed (both sides!) permission form to be eligible to participate. See one of the track coaches to get a form if you lost yours.

**Practice times and expectations:** Practices take place after school at King from 2:40 - 4:00.

**Boys** will practice on Monday and Thursday. **Girls** will practice on Tuesday and Friday.

**\*\*\*\*Students must attend all practices unless they have spoken with a coach about being excused.**

**They will not participate in that week's meet if they have had an unexcused absence during the week.**

**Missing practice because of DETENTION is NOT considered an excused absence.**

**Meet Dates and Times.**

Meets are held at The Portland Expo.

March 2	11:30 AM (arrive at 11:15)	Bonny Eagle and Mahoney
March 9	3:00 PM (arrive at 2:45)	Windham and Westbrook
March 16	3:00 PM (arrive at 2:45)	Gorham and Memorial
March 23	3:00 PM (arrive at 2:45)	Lincoln and Moore
March 30	Girls Festival 8:00 AM	Boys Festival 12:30 PM

***\*\*\*\*Admission prices for meets at the Expo: \$4 adults, \$1 students \$2 seniors.\*\*\*\****

**Important information for participants about meet days.**

1. Athletes should arrive 15-20 minutes before their meet.
2. Athletes should bring a water bottle to the meets.
3. Shorts must be team colors (green) or a neutral color (white, gray, black).
4. Athletes must sit on the left side of the gym with the teams. They are not allowed to sit in the spectators section or hang out in the lobby.
5. Develop healthy habits by committing to hydration and healthy eating before a meet (including the night before).

**Coach contact information:** King Middle School 874-8140

Girls: Sam Copland, Dave Trecartin [sam.copland1992@gmail.com](mailto:sam.copland1992@gmail.com)  
[trecad@portlandschools.org](mailto:trecad@portlandschools.org)

Boys: Dwight Thorne, Kevin Gulliver [thornd@portlandschools.org](mailto:thornd@portlandschools.org)  
[gullik@portlandschools.org](mailto:gullik@portlandschools.org)