King Indoor Track Information
January 30, 2020

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 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 7	11:30 AM (arrive at 11:15)	Memorial and Windham
March 14	11:30 AM (arrive at 11:15)	Moore and Westbrook
March 21	1:45 PM (arrive at 1:30)	Gorham and Bonny Eagle
March 28	6:30 PM (arrive at 6:15)	Lincoln and Moore
March 30	Boys Festival 12:30 PM	Girls Festival 5:30 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:	Dwight Thorne Dave Trecartin	thornd@portlandschools.org trecad@portlandschools.org
Boys:	Dwight Thorne, Kevin Gulliver	gullik@portlandschools.org