

WELCOME TO GREAT VALLEY MS TRACK & FIELD

1. Track is a fun sport and everyone will participate in one, two or three events in every meet.
2. There is an event for everyone regardless of size. There are weight classes for the relays and dashes.
Events: shot put, discus, long jump, high jump, hurdles, mile run, 800 meter run, 400 meter run, 200 meter run, 100 meter dash (run in weight classes – 90 lb. & under, 105 lbs. and under, 120 lbs and under and open which is for any weight), 400 relay (90 lb. 105 lb. 120 lb. and open) and the 1600 relay (105 lbs. and under and open).
3. The boys and girls have been very successful over the years with numerous undefeated seasons. The girls' team has had a winning record every year for the past 40 years and the boys have had a winning record for the past 42 years.
4. Participants can earn a GV letter or pin for their participation and they can win medals and ribbons at various relay meets where we participate.
5. **PRACTICE STARTS TUESDAY, MARCH 16, 2021. PRACTICE IS EVERY DAY AFTER SCHOOL UNTIL 4:45. THERE WILL BE NO CUTS.**
 - a. **FORMS—WE NOW USE RE-LEAF TO FILE ALL FORMS – PHYSICAL AND EMERGENCY FORMS CAN BE FOUND ON THE SCHOOL WEBSITE. ALL FORMS MUST BE ON FILE IN ORDER TO START PRACTICE PHYSICALS MUST BE DATED AFTER 5/31/20. YOUR PAPERWORK SHOULD BE ON FILE IF YOU HAVE BEEN ON A MIDDLE SCHOOL TEAM DURING THE CURRENT SCHOOL AND YOU DO NOT NEED ANOTHER PHYSICAL, BUT YOU DO NEED THE RECERTIFICATION FORM FILLED OUT BY YOUR PARENT OR GUARDIAN.**
 - b. **IF FOR ANY REASON YOU CANNOT ATTEND PRACTICE, PLEASE HAVE YOUR PARENT EMAIL MR. GRING AT: pgring@gvsd.org OR BRING A NOTE THE DAY BEFORE.**
 - c. **Come prepared for practice. Bring running shoes, shorts, warm-up pants and a sweat shirt or jacket. BE PREPARED FOR ANY TEMPERATURE - COLD OR WARM. YOU MUST HAVE WARMUPS EVERYDAY!!!!!!**

Track and field season is approaching. Practice will begin on Tuesday, March 16. Every year many of our team members want new running shoes. **Valley Forge Running Company** in Devon offers a discount to all members of the Great Valley Middle School Track & Field Team. (the store is in the strip of shops off of Rt 252)

Valley Forge Running Company, formerly Runaway Success, has been working with us for many years and does a great job of putting our runners into a shoe that is right for the individual. Please take this form if you wish to purchase shoes. The most important item is a good pair of training shoes. I do have spikes available for those runners who will be sprinting.

If there are any questions, please email me at: pgring@gvsd.org

Paul Gring – Head Coach of Great Valley Middle School Track & Field