

Hastings Sharks Track & Field Practice Schedule and Rules

PRACTICES: We practice on the following Tuesday and Thursday nights at the Hastings Middle School outdoor track:

April 18, 20, 25 & 27

May 2, 4, 9, 11, 16, 18, 23, 25 & 30

June 1, 6, 8, 13, 15, 20 and 22

Arrive for practice by 6:15 - practice starts promptly at 6:30 PM. Be ready to participate in warm up exercises at the practice start time! Use the restroom before you arrive at practice. Restrooms may not be available at the track. Unified partners should plan to attend every practice with their athlete.

COMPETITIONS: A parent, friend or staff must accompany the athlete to the competitions. Athletes must compete in the Regional Competition to compete in the Summer Games. Participation in both competitions is expected.

Regional Competition: Saturday, May 13th, Eastview High School, Apple Valley

Summer Games: Friday, June 23rd - Sunday, June 25th, Stillwater High School

ATTENDANCE: Please notify Amanda Blanchette at 651-675-6615 if your athlete is unable to attend practice. Two unexcused absences from practice may prevent your athlete from competing in the Special Olympics competitions, or from qualifying for a Hastings High School letter.

CODE OF CONDUCT: All Hastings Sharks athletes, unified partners and caregivers must follow the Shark's Code of Conduct. Please review the code with your athlete. Questions? Please contact Lisa Sieben at (651) 308-7475.

PARTICIPATION FORMS: You will be notified if your athlete needs their Application for Participation in Special Olympics form to be updated or if it is incomplete. All athlete and unified partner applications, forms and requirements must be completed one week prior to the first practice.

SUPPORT THE COACHES: We are all volunteers! If your athlete isn't participating, step in and help the coaches. If behavior is an issue, share a strategy with the coaches that will work for your athlete. We encourage you to become a coach.

We need coaches! SOMN has a trained coach to athlete ratio in every sport. Please consider becoming a certified coach. Coaching is very rewarding! Contact Ray Kennedy (651) 402-8786 to start your certification.

SAFETY: You are responsible for your athlete's safety.

1. A parent, friend or staff must attend at all practices.
2. If you must leave, make sure another adult is willing to be responsible for your athlete. Be sure they have a way to contact you in the event of an emergency.
3. Athletes must be accompanied to the rest room by a parent or guardian. Coaches cannot leave the practice area. Restrooms may not be available when the school year ends.
4. Children in your care must be supervised at all time and may not wander throughout the area.
5. Be prepared to take your athlete home when practice ends.

Please leave headphones and electronic devices at home. We want your athlete to be safe at practice and the Sharks are not responsible for lost or stolen items.

UNIFORMS: Running shoes and athletic clothing are a must for practice. Dress for the weather, including a hat and sunglasses. Athletes must bring plenty of water, sunscreen, and bug spray. Please wear your Sharks shirt and black shorts or pants at competitions.