

Hello Nock Middle School families,

The Rupert A. Nock track season is about to begin and I wanted to share information that may be helpful to you if your son/daughter decides to participate. Our track program is open to Nock boys and girls in grades 6-8.

All participants can compete in up to four events. The running events include the, 100, 200, 400, 800, mile and 100 meter hurdles. Competitors may also choose to compete in the 4 x 100 or 4 x 200 relay. They also have the opportunity to compete in two of the five field events. The field events are shot put, discus, javelin, high jump, and long jump. Although this is a co-ed program, the boys will compete against boys and the girls will compete against girls.

The spring track season will begin **Tuesday, March 26th**. No practices will held during April vacation.

Nock Spring Track practices will be held on **Tuesdays** and **Thursdays** from March 26th through the end of May. Most meets will be on Thursday, but two meets will be Wednesdays.

Nock students participating in *The Hunchback of Notre Dame* **can** participate in spring track. They will miss the first two weeks, but will still be able to participate. Please sign up using the information below:

There will be seven meets during the season and the State Meet at the end of the season. Home meets will be at Fuller Field and begin by 3:15. For away meets, we will leave by bus right after school. Parents are encouraged to come see their children compete in the meets. When we return to the Middle School after the meets, students will be released by the gym door at the Middle School.

No special clothing is needed. A tee shirt, shorts, white socks, and track or jogging sneakers is all that is needed. Also recommended are sweat shirts and sweat pants that are needed on cold days at the track. All students who participate in the program will receive a team tee shirt to use at the meets. All tee shirts are adult sizes. The schedule will be available once completed.

ALL NOCK PARTICIPANTS MUST:

1. **Have a current physical (within the last 13 months) form provided by parent from physician.**
2. **Pay a \$100 user fee to cover operating expenses for this activity. Waivers may be awarded for Free/Reduced Lunch candidates or by emailing NHS Athletic Director Kyle Hodsdon at khodsdon@newburyport.k12.ma.us**
3. **Register online at the following link.**

<https://www.familyid.com/programs/middle-school-spring-athletics-2019-2>

Please bring updated physical form from your physician and \$100 payment in a sealed envelope and labeled NOCK SPRING TRACK. Envelopes can be turned in to the Nock main office. Make checks payable to RAN Middle School and write your child's name in the memo section.

Any question concerning the program may be directed to Kyle Boudreau
kboudreau@newburyport.k12.ma.us

We look forward to seeing your children on March 26th at Fuller Field.