

Higgins Middle School Spring Track (HMSST) '24

Signup Information:

7. How to sign up for Spring Track 2024:
 - a. **You can go to the Team Website and signup steps will be on the Homepage. There you will:**
 - i. Complete the Family ID
 - ii. Complete the Emergency Contact Google Form
 - iii. Pass in a valid Physical to the Coach at your first practice

—We cannot let you practice if you have not completed all parts of the registration process—

2. Remind Info:
 - a. **This is how the Coaches will provide updates throughout the season.**
 - b. **Everyone including the Athletes, Parents and Guardians can and should join**
 - i. Join by TEXT
 1. Send a text to “ 81010 ” and text this message “@hmsspringt”
 - ii. Join via internet link
 1. <https://www.remind.com/join/hmsspringt>
 - a. Or go to our team website and use the link available there

Additional directions on the signup process are available on the team website

Team Website: **HigginsCrossCountry.Weebly.Com**

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Dual Meet and Practice Schedule:

Week	Monday	Tuesday	Wednesday	Thursday	Friday
3/25	No Practice	No Practice	First day of Practice	Practice	No Practice
4/1	Practice	Practice	Practice	Practice	No Practice
4/8	Practice	Practice	Practice	Practice	No Practice
4/15	School Vacation- No Practice	School Vacation- No Practice	School Vacation- No Practice	School Vacation- No Practice	School Vacation- No Practice
4/22	Practice	Practice	Practice	Practice	No Practice
4/29	Practice	Practice	Practice	Home Meet vs Swampscott	No Practice
5/6	Practice	Practice	Practice	Away Meet vs Saugus	No Practice
5/13	Practice	Practice	Practice	Home Meet vs Salem	No Practice
5/20	Practice	Practice	Practice	Away Meet vs Breed	No Practice
5/27	No School- No Practice	Female NEC Meet	Practice	Male NEC Meet	No Practice

A link to the meet schedule with directions to meet sites are available on the team website

****LEAGUE MEET Date is subject to change****

Optional & Additional Meets

Meet Website: www.masstrackandfield.com/ma-track-meets/

- Mass. Middle School State Meet - Division 1
 - Date: Saturday, June 1, 2024 – 9:30 AM @Clinton High School
 - There are event standards you must clear to qualify for this meet
- Mass. Middle School State Relay Meet
 - Date: Saturday, May 4, 2024 – 10:00 AM start

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Schedule Changes:

- Alterations to the schedule will be announced via Remind updates.
- Please sign up by texting our class code, @hmsspringt to 81010
 - Or by downloading the remind app and following the directions found on our website

Practices:

- **Practices will run from 2:45-3:45pm**
- Practices will be held on the Higgins athletic fields
 - Students should change into their practice clothes before reporting to the field after dismissal
 - Dismissal from practice will happen at the Higgins athletic fields
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Meets and Transportation:

- Home meet Procedure
 - Students must be provided their own transportation to all home meets.
 - These meets will take place at Peabody Veterans Memorial High School and students will meet in the field house (gym) at 3:15pm for those meets.
- Away Meet Procedure
 - For away meets, the students will take a bus to and from the Higgins.
 - On those dates, students are expected to take the bus to and from the meet with the team.
 - For away meets, I will send out **Remind updates** about pick up times. Please be conscious of this and make plans to pick up your athlete appropriately.
 - **If a parent / guardian wishes to take their home from a meet it must be approved by the Athletic Director, Dennis DesRoches one day beforehand. (DesrochesD@peabody.k12.ma.us)**

Behavior:

- Student-Athletes are expected to adhere to guidelines set by the Team Expectations
- Students are held to the same standards of the Higgins Handbook.
- Participating in a Higgins sport is a privilege, not a right. If a student can not follow the school rules, or creates an unsafe environment for other participants, then they may be dismissed from the team.

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Clothing/Shoes:

- Students should be dressed appropriately for the weather with appropriate footwear for both practice and meets.
 - We will run in the cold
 - We will run in light rain
 - Please try and have athletes keep an extra pair of pants/shorts and shirt/sweatshirt for when unpredictable spring New England weather occurs
- For meets, we currently do not have uniforms for the team. Therefore a peabody shirt is acceptable.
 - These can be purchased at: NEAT Co, 474 Lowell St, Peabody
 - More specific information and recommendations can be found on our team website.

Communication, Communication, Communication:

- If you will be missing a Practice or Meet Event we ask that you communicate that with the Coach sooner than the day of the missed practice or meet. This can be done via Email or Remind.
- Remind Info:
 - Send a text to " 81010 " and text this message " @hmsspringt "
 - **Class code: @hmsspringt**
 - Additional directions on the signup process can be found on our team website.
 - **Parents, Guardians and Athletes should join the Remind group to stay up to date**
- Coaches Contact Info:
 - Coach Alex Fossa
 - Available via Remind
 - Email: alexfossa88@gmail.com
- Program Coordinator Contact Info:
 - Fernando Braz
 - Email: fbraz@aol.com
brazf@peabody.k12.ma.us
- Athletic Director (AD) Contact Info:
 - Dennis DesRoches
 - Email: desrochesd@peabody.k12.ma.us
 - Additional information and phone numbers are available on the Peabody Public Schools Website

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Miscellaneous:

- Our schedule is not set in stone, both for meets and practices, so please make sure to sign up for the Remind updates so we can remain on the same page.

Please let the coaches know specifically if your student has any particular injuries, allergies, or anything else that I need to know that might be expressly written on their physical.