

IT'S TIME TO GET BACK ON TRACK!

"You don't have to be great to start but you do have to start to be great."

Registration is now open on the AL website for the 2024 Académie Lafayette Track & Field (T&F) season for the MS Team and 4th-5th Graders! Our High School Team has already started and doubled in size. We cannot wait to proudly start our 14th season of Track and Field at AL!

We are coming off of incredible MS Track seasons for both our MS Girls and MS Boys Teams! Both teams hustled to each bring home their third straight MS City Track Championships and both were crowned the inaugural MO State Champions in Track and Field AND had undefeated seasons!

COME JOIN US!

Click the link below to go to the AL Track & Field Page where you can register, download required forms, check out the calendar and find more detailed information about the season and practice format.

<https://academielafayette.org/our-schools/middle-school/after-school/athletics/track-field/>

Registration CLOSES on March 15th for ALL programs! This allows two weeks to register and submit your required forms. The MSHSAA Physical Forms are for MS only and are due before the first competition. CVS pharmacies and walk-in clinics will complete these. They are valid for 2 years. If you submitted one last year for any sport it is still good. If not, you will need one completed.

Don't like to run? We have things for you to throw! Don't like to throw stuff? We have sand to jump into! We also have bars and hurdles to jump over, sprinting, middle-long distance running and relays too! No previous experience needed. Actively seeking great diversity and hard workers!

Playing MS Girls Soccer? No problem. We are working in conjunction with Girls MS Soccer to encourage girls to participate in both, if they so choose.

PRACTICES (see *Track Practice Overview 2024* and *ALTrack HS and MS Practices by Event 2024* on our page of the AL website for more detail)

MS Full Practices Begin (March 4 - March 9)

In order to maximize our limited facilities and coaching availability, our MS athletes will be sharing space and coaching with HS athletes. We anticipate roughly 120 MS athletes to join track (about 42% of the MS student body). The first week of MS will focus on conditioning and skill/baseline assessments. During this week, athletes should attend any and all practices for the events that interest them. No experience needed. At the end of the week, we will assign your athlete/s to one of the primary event groups and will provide recommendations for a practice schedule. We ask that our MS athletes attend at least 3 days of practice each week (not to exceed 4 practices weekly).

4th and 5th Grade Practices Begin (March 27- April 5)

Our 4th and 5th Grade Track Development Program will be held on Mondays and Wednesdays 5:30pm-6:30pm at the Armour Turf Field (unless otherwise scheduled). Jared Barber will once again serve as our Elementary Head Coach. We have at least one meet, the Sion Fun Meet the morning of April 6.

Parent Volunteers Needed

Please complete the volunteer portion of the registration form if you would like to help out! We need kid wranglers at the 4th and 5th grade level (no experience needed). At the MS and HS level we REALLY need event-specific help. We need extra assistance with Hurdles, Sprints, Throwing, Jumping and Middle and Long Distance (experience required). Let us know if you might be a match!

At AL we have a long tradition of good sportsmanship and positive outcomes! Let's work hard and have some fun!

Please direct all questions about all Track & Field Programs K-12 via email or texting to:

Brenda Hayes-Kumm, M.S.
Head of Track & Field/Cross Country Programs
Head Coach, Middle School
Academie Lafayette
Elementary and Middle School
816-500-4482 Direct Line
brendakumm@gmail.com