



RUSH is a Springfield track & field team for homeschoolers and small Christian schools. We are blessed to use the facilities at Springfield Public Schools to practice: Mondays, Tuesdays, & Thursdays (5:30 - 7:00pm) beginning March 4th. We have also been granted favor with some other local schools, so in the event of scheduling conflicts, we may also occasionally move our practice to Spokane. Schedule subject to change based on weather and track availability.

You may attend twice before deciding whether to join but **before going onto the field, we must have our waiver signed.** You may wait to pay and sign up for your volunteer shifts once you decide to join the team. Last day to decide is March 7<sup>th</sup> (March 21<sup>st</sup> for basketball players).

## FAQ's:

### 1. Do we come to all practices?

No practice or meet is mandatory but while we only have 3 practices scheduled, we will often be competing with teams who have practice 5 days a week. We have 3 practices per week, and ask that your athlete attends at least 2. It is also beneficial if your athletes take time to do a little running/throwing/lifting in between practices. In the event we must cancel practice due to weather, we encourage your athletes to perform a similar workout when weather allows.

### 2. Do we need to attend all meets?

Come to as many as you can. There are 4 meets for elementary, 9 for 6<sup>th</sup>-8<sup>th</sup> grade, 10-ish for high school. (Some JH/HS meets require MSHSAA eligibility – ask coaches if you are unsure on availability) We only ask that if you are unable to attend a meet that you reach out to one of the coaches to let us know. Most meets have a per-athlete cost based on registration, so please don't say you are going to compete if you do not plan to. We do ask that you try your hardest to be at both the State meet and Nationals.

### 3. Do we need to stay for the entire meet?

As far as when you arrive or how long you stay at meets – we know that the weather can vary a lot and there are often younger siblings to consider, so RUSH does not have any standing rules that you have to be there from the first event through the last. That said, our athletes often have a lot of fun either cheering each other on or hanging out in the tents during the meets.

### 4. Do parents stay throughout each practice? What are the parental commitments?

When new, please stay the whole first 2 times. After that, we take turns volunteering at stations. If you are able to stay during practice, do! Many families like to walk during practice. We can also often use help handing out ribbons, signing up athletes for the next upcoming track meet, timing, etc. so let me know if you have specific areas of interest.

In addition to helping at practice, RUSH parents **will be expected** to help run an event at most of the homeschool meets we attend. Usually this involves something like running an event such as high jump or long jump. We're a small team so everyone often gets to help at every meet, but we try to divide the efforts equitably. There are usually ~3 volunteers per slot, so we try to make sure there are some more experienced parents with the new folks, and we'll also help make sure you understand what the rules and expectations are.

5. **Can my child choose the events they want to do?** Yes! Choose from relays, running (from sprints to long distance), hurdles, long jump, high jump, triple jump, shot put, discus, javelin, and steeplechase. That being said, there are circumstances where not everyone will get to compete in their preferred event. Many of the meets will have a max number of participants, and some of the events tend to be more popular than others (i.e. 100m, long jump), so even though we try to get everyone into their choice, we may hit the max number of athletes. In that event, we will try to equitably find an alternative. For example, if we have more than the max in the 100, but not full in the 200, we may ask some of the athletes to compete in an alternate.

Also, it is important to note that 100 meter sprint and long jump are very popular, and therefore harder to win. My recommendation is to always compete at something you love and another thing you can place in. Especially in the early season, try new things. You may surprise yourself and excel at distance instead of running the 100, or you may find that one of the middle distance races (that is more sparsely selected) is a good groove for your skills.

#### **6. Will I be expected to compete in events I don't sign up for?**

Relays are one of the things in track that is not an individual effort – it requires 4 athletes working together to succeed. In order to fill out relay spots, we may ask you to participate in one of the relays. These won't come as an event day surprise and we will try to work it out together in practice to make sure we balance everyone's desire to be able to compete.

#### **7. Who will train my athlete?**

Experienced volunteer parents, and you. John instructs shot put, discus, and javelin. Matt and Greg P will oversee our running and jumping events. Ross answers what you're doing during practice, meet information, collects \$, and general knowledge but not regarding technique.

If you, as a parent, have an area where you have expertise, please reach out to one of the coaches to see if we can help you become more involved.

#### **8. What should we bring?**

Layers, running shoes, water and a positive attitude. If you are competing in throwing events you may already have your own discus, shot, or javelin and we encourage you to bring those to practice as well.

#### **9. What do we pay?**

Fees this year will be \$200 for 6<sup>th</sup> grade and up students and \$100 for 5<sup>th</sup> and down. Most the expense of track pays for meet entries.

#### **10. When can we get a jersey to compete?**

The RUSH team has managed to keep the same jersey from year to year in an attempt to keep the costs low. If you already have a jersey, you may re-use it and if you need a new one, the cost is expected to be ~\$25 for a jersey. (Final price tbd based on the number we order) We will have some samples available to try on at one of the early practices.

**11. What ages are included?** 9-18. Consider your child's ability to be at an all-day meet in all kinds of weather. Younger siblings are allowed to join the team even if they're under 10. Unfortunately at some meets, 8 year olds compete with 12 year olds.

#### **12. How do we know times & locations and if something is cancelled or changed?**

This year we are using Team Snap, available in both the Google Play store and the Apple App store. We may also send text messages if anything changes at the last minute. If you have questions, please feel free to reach out to Ross Burgess at 417-840-2374 or [rossburgess@hotmail.com](mailto:rossburgess@hotmail.com).

**13. Is a sports physical required?** No, but consult your child's physician whether it is safe to participate.

#### **14. Will you cancel a meet or practice due to weather?**

We moved from two to three practices per week this season because we had so many that were cancelled because of weather in the past. If there is lightning in the area, we will likely cancel. If it is <45 degrees, we'll likely cancel. For field events – we can't perform field events in rain because it is unsafe and mud damages the field.

In the event that practice is cancelled, it is still important for the athletes to stretch and get a self driven warm-up and practice. We will be often competing against athletes who train 5 days a week, and like all things homeschool, you get out what you put in.

Meets are usually cancelled at the discretion of the host, but that rarely happens. We did have one cancel in the past and it was difficult to reach everyone in early morning (because of silenced phones, etc) so we ask that everyone check their phone frequently if there is any doubt. We will send out notices on Team Snap in the event there is a cancellation of either practice or meet.

**15. What makes RUSH special?**

The people!! Being smaller than some teams, we have more time for each athlete to practice each thing they'd like and more coaching attention. We keep track of every athlete and celebrate improvements after every meet. We practice more frequently, which either gives you more flexibility when to come or more times to come. Every season, even as a small team, we find our 2-3 athletes in a division compete with teams that have 10+ athletes in the same division. The Lord always brings us special parents who love our kids as they instruct.

**Tentative meet /practice schedule**

Date	Location	Team	Eligibility
Thursday, February 15, 2024	Parent Meeting @ RUSH Gym	All	All
Monday, March 4, 2024	Kickapoo - Practice	All	All
Tuesday, March 5, 2024	Kickapoo - Practice	All	All
Thursday, March 7, 2024	JFK - Practice	All	All
Monday, March 11, 2024	Kickapoo - Practice	All	All
Tuesday, March 12, 2024	Kickapoo - Practice	All	All
Thursday, March 14, 2024	Kickapoo - Practice	All	All
Monday, March 18, 2024	Kickapoo - Practice	All	All
Tuesday, March 19, 2024	Glendale - Practice	All	All
Thursday, March 21, 2024	Glendale - Practice	All	All
Monday, March 25, 2024	Kickapoo - Practice	All	All
Monday, March 25, 2024	Greenfield	JH	MSHSAA
Tuesday, March 26, 2024	Kickapoo - Practice	All	All
Tuesday, March 26, 2024	School of Ozarks	JH	MSHSAA
Wednesday, March 27, 2024	Greenfield	HS	MSHSAA
Thursday, March 28, 2024	Kickapoo - Practice	All	All
Thursday, March 28, 2024	School of Ozarks	HS	MSHSAA
Monday, April 1, 2024	JFK - Practice	All	All
Tuesday, April 2, 2024	Kickapoo - Practice	All	All
Tuesday, April 2, 2024	Reeds Spring	HS	MSHSAA
Thursday, April 4, 2024	Kickapoo - Practice	All	All
Thursday, April 4, 2024	Chadwick	HS	MSHSAA
Thursday, April 4, 2024	Spokane	JH	MSHSAA
Monday, April 8, 2024	Kickapoo - Practice	All	All
Monday, April 8, 2024	Chadwick	JH	MSHSAA
Monday, April 8, 2024	Knights Field Mini meet	Elem (8u-12u)	All
Tuesday, April 9, 2024	Hickory Hills - Practice	All	All
Thursday, April 11, 2024	JFK - Practice	All	All
Thursday, April 11, 2024	Spokane	HS	MSHSAA
Saturday, April 13, 2024	Lighthouse	All	All
Monday, April 15, 2024	Kickapoo - Practice	All	All
Tuesday, April 16, 2024	Kickapoo - Practice	All	All
Thursday, April 18, 2024	Kickapoo - Practice	All	All
Saturday, April 20, 2024	State	All	All
Monday, April 22, 2024	Kickapoo - Practice	All	All
Tuesday, April 23, 2024	Glendale - Practice	All	All
Tuesday, April 23, 2024	SBU (TBC)	HS	All
Thursday, April 25, 2024	JFK - Practice	All	All
Saturday, April 27, 2024	Regionals	All	All
Monday, April 29, 2024	JFK - Practice	All	All
Tuesday, April 30, 2024	JFK - Practice	All	All
Thursday, May 2, 2024	Kickapoo - Practice	All	All
Saturday, May 4, 2024	Veritas (TBC)	HS+JH	All
Monday, May 6, 2024	JFK - Practice	All	All
Tuesday, May 7, 2024	Nationals (pent/tri)	All	All
Wednesday, May 8, 2024	Nationals (8-12U run, 14+ field)	All	All
Thursday, May 9, 2024	Nationals (8-12 field, 14+ run)	All	All