

Marshall Spring Track and Field 2021 Frequency Ask Questions

1. Road Runner Team Week Fundraiser – Friday, April 10th to Tuesday, April 20th
 - a. 1120 W Broad St, Falls Church, VA 22046
 - b. If, you are new to track and field you need training shoes and spikes (competition shoes) – it will help prevent shin splints
 - c. We get a percent (10%) of all sales for the 10 days – please mention the track and field team.
2. Spirit Pack – I am working on the store – it should be ready before the season starts.
3. When is the start of the season?
 - a. Monday, April 12th is the first day of spring track and field
4. What is required to join the team?
 - a. Athletic & Activities Registration
<https://www.gcmstatesmensports.com/page/5441>
 - i. Emergency Care Card – will be completed here
 1. Need to be submitted again if it was submitted to school or hard copy to anyone else.
 - ii. Concussion education – will be completed here
 - b. VHSL Physical - On file
 - i. Need to be submitted to the email to athletic trainers or activities office, mail or dropped off to the school
5. Schoology, Twitter and the team website - www.gcmtrackandfield.com will be the prime ways of communication. It is very important that you sign up for Schoology and follow us on Twitter. <https://twitter.com/gcmtrack>
Please see the link in the Schoology page - <https://lms.fcps.edu/group/2923856607>
Access Code for kids to join the Schoology Group **73CW-HB83-DSDCV**
6. What is the paperwork deadline?
 - a. The deadline to submit paperwork is on Friday, April 9th to be added to the team.
7. When is tryout?
 - a. April 12th is the first day.
 - b. There is technically no team tryout for T&F.
 - c. If, you submit your paperwork – you are on the team.
8. When is Practice time? Schedule? Are they limits for the over team? Practice? Meet?
 - a. You have to sign up for practice via QR Code
 - i. I will post this link to the code on Friday, April 9th on Schoology
 - ii. You have to sign up health check in online the day practice by 3PM.
 - iii. If you do not check in – you will not be allowed to practice.
 - iv. If, you miss the 3PM deadline – you will have wait until everyone else check in before you will be allowed to enter practice.
 - v. Check in is 15 minutes before practice. If, you are late to practice – you will not be allowed to participate that day.
9. When are the meet schedule? Are they limits for the Meet?
 - i. Meet Schedule
 1. Right now, we have 5 regular season meets
 - a. 4/28, 5/5, 5/12, 5/15 (Sat), 5/19 – Wednesdays.
 - b. See full schedule on the website –
www.gcmtrackandfield.com
 2. There will be a District, Regional and State Championship
 3. There are no invitationals
 4. Meet starts at 5:45PM on Wednesdays and 9:00AM on Saturday.
 - ii. Meet limits

1. Everyone will get to compete at all the meets
 2. Field events will be conducted at home during the week like the winter.
10. What is the mask requirement?
- a. Everyone will be required to wear a mask during practice
 - i. This changed for CC during meets and exercising however it is still in place for spring track and field right now. Will update if anything changes.
11. What are the pre-practice screenings?
- a. The pre-screening will be done online before practice via QR code.
 - b. We will check you off the list before practice.
 - c. Cars can line up 15 minutes before practice
 - d. If, you are feeling well – please just stay home
 - e. If, you or your parents are waiting for a test results – please stay home.
 - f. Athletes need to have 32 ounces bottle of water and be dressed ready to go for the weather.
 - g. Bags will be allowed yet at practice.
12. What are the social distancing procedures?
- a. If, you are not working out – you need to have your mask on
 - b. We will do our best to keep social distance even with our mask on.
13. Will the weight room be open?
- a. There is no weight room as of right now.
14. Can distance runners run off campus?
- a. Distance runners needs to stay on campus
 - b. However, they need to be mindful that running around the campus will expose them to members of the public – so keep your mask with you.
15. Will the athletes we allowed in the buildings?
- a. Unless it is a weather emergency – no one will be allowed in the buildings as of right now.
16. What happens if someone test positive?
- a. The athletic trainers and the school have procedures in place for this situation.
17. Will transportation be provided for students to the meet?
- a. We will have buses for the meet
 - i. No update procedures – the bus will allow 90% to the meets
 - ii. If, you are driving to the meets for the season or you parents will be taking you to the meet.
 1. You need to let me know and I will put you on a list
 2. You will still need to check in online and at school before you leave for the meet.