

MUSTANG MIDDLE SCHOOL

BOY'S TRACK

2026

1. Practice will start on Tuesday, February 10.
2. Practices times are 3:50-5:00 Monday-Friday
3. Be prepared to run on the track, turf, grass, and inside for every practice. Space is limited, so we may need to adjust locations.
4. Dress in school colors for practice. (red, black, white, or gray)
5. Physicals and RankOne forms must be completed before February 10 or you will not be allowed to practice. If you played football, ran cross country, played basketball or wrestled during the 2025-2026 school year, you do **NOT** have to complete these forms again.
6. If you need to complete the RankOne forms go to www.mustangbroncos.org and click the RankOne tab at the top of the screen.
7. I will be creating a Remind for Parents. Students are **NOT** allowed to be on the Remind due to state law
8. If you miss **3 practices unexcused**, you will no longer be on the team.
9. You can wear spikes during practice.
10. If there are any questions email me at palmerj@mustangps.org or come by my room D103.

Coaches,
Coach Palmer
Coach Sawyer
Coach Foster