



Spring Track 2024



PRACTICE INFO:

- Grades 5-8 will practice after school on Mondays.
Grades K-4 will practice after school on Wednesdays.
- Practice starts at 2:30 PM and ends at 3:30 PM.
- Practice is held in the gymnasium or on the field if the weather is nice.
- Pick-up will be in front of the ICS Gym Doors at 3:30pm at 99 South St #25, Spotswood, NJ 08884 unless your child will attend Aftercare after practice.
- Students will not be allowed to leave the facility without a parent or authorized guardian.
- If changes in pick-up are made, i.e., a student goes home with another parent, plz email the Track Coach ahead of time to let them know.
- If there is an emergency, please contact the Coaches by cell phone.
- All runners need to bring a change of clothes and sneakers for practice unless they have gym that day. If the weather is cold, please bring warmer clothing.
- Students should bring a water bottle to stay hydrated.
- Students K-3 will change in the classroom before going to practice.
- Students from grades 4-8 will be able to change before practice in the locker rooms after school and are expected to behave in an appropriate and respectful manner.
- Students will not be allowed back into classrooms after dismissal.
- Students' backpacks, books etc need to be stored in the locker room or against the gym wall and are not to be touched until practice has ended. Students should ONLY bring their water or drink to practice. A small snack is ok for ages K-3.
- At practice students are expected to follow instructions, try their best and be considerate of their fellow teammates and coaches.

Questions? Contact:

Christine Cecala	917-747-2585	ccecala@icsspotswood.com	Head Coach
Ray Alvarez	908-839-3738	aceiptech@yahoo.com	Assistant / Coach



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MEET INFO:

- Home Meet Location: Spotswood High School track facility at 105 Summerhill Rd, Spotswood, NJ 08884 (in the back of the school)
- Away meets' addresses will be communicated.
- Parents are to escort their child(ren) to the Spotswood H.S. track facility for home meets and ensure they are checked in with one of the track coaches or ICS Track volunteers.
- Report time is 5:45pm to allow time to stretch and organize so please don't be late.
- Meets start promptly at 6pm and wrap up around 8pm.
- Home Meets are considered "Dual Meets" - the meet schedule will be shared
- Runs are based on how many runners the other schools have (some may be doubled or skipped)
- **The K-2 runners will be walked out to parents after their second race and parents can choose to leave or stay and watch the older kids. This should be around 7 or 7:15.** This is just an estimate.
- Students will not be allowed to leave the Track Meet unless accompanied by an authorized guardian. Safety 1st at all times.
- Be sure to have your child(ren) equipped with water for proper hydration.
- Track meet attire is the **ICS Track 2024 T-shirt with preferably, ICS Shorts** OR running appropriate bottoms (shorts/leggings/sweatpants) and sneakers.
- ONLY runners, coaches and volunteers are allowed on the Track Field during meets.
- Parents are to watch and cheer from stands or outside of Track arena.
- If there is a circumstance where you will need to be on the field to assist your child, please let the coach know prior to the meet.
- **Students are expected to behave appropriately and respectfully while on the field waiting for their run.** While waiting, they are welcome to cheer on their teammates who are running, warm-up and spend time with their teammates who are not running.
- Runners waiting **MAY NOT**: be on the track, throw or kick balls around others or near track, scream disruptively, throw items/water, climb on the track mat to stand/bounce, climb on the field goal post, grab or wrestle with other teammates.
- Runners waiting are monitored by coaches and volunteers.
- Runners may bring a snack to have while waiting and a jacket in case it gets cold.

Questions? Contact:

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2024 ICS Spring Track Schedule

Any changes will be communicated. Meet cancellations due to weather will be communicated by 4pm or earlier.

Event	Group	Day	Date	Location	Time
March					
Practice	5-8th	Mon	11-Mar	ICS Gym/Field	2:30 – 3:30 PM
Practice	K-4	Wed	13-Mar	ICS Gym/Field	2:30 – 3:30 PM
Practice	5-8th	Mon	18-Mar	ICS Gym/Field	2:30 – 3:30 PM
Practice	K-4	Wed	20-Mar	ICS Gym/Field	2:30 – 3:30 PM
Meet	All	Fri	22-Mar	Spotswood HS	6-8 PM
Practice	5-8th	Mon	25-Mar	ICS Gym/Field	2:30 – 3:30 PM
Practice	K-4	Wed	27-Mar	ICS Gym/Field	2:30 – 3:30 PM
Spring Break OFF					
April					
Practice	5-8th	Mon	8-Apr	ICS Gym/Field	2:30 – 3:30 PM
Practice	K-4	Wed	10-Apr	ICS Gym/Field	2:30 – 3:30 PM
Meet	All	Fi	12-Apr	Spotswood HS	6-8 PM
Practice	5-8th	Mon	15-Apr	ICS Gym/Field	2:30 – 3:30 PM
Practice	K-4	Wed	17-Apr	ICS Gym/Field	2:30 – 3:30 PM
Meet	All	Fri	19-Apr	Spotswood HS	6-8 PM
Practice	5-8th	Mon	22-Apr	ICS Gym/Field	2:30 – 3:30 PM
Practice	K-4	Wed	24-Apr	ICS Gym/Field	2:30 – 3:30 PM
Meet	All	Fri	26-Apr	Spotswood HS	6-8 PM
Practice	5-8th	Mon	29-Apr	ICS Gym/Field	2:30 – 3:30 PM
May					
Practice	5-8th	Wed	1-May	ICS Gym/Field	2:30 – 3:30 PM
Meet	All	Fri	3-May	SJV	6-8 PM
Practice	5-8th	Mon	6-May	ICS Gym/Field	2:30 – 3:30 PM
Practice	K-4	Wed	8-May	ICS Gym/Field	2:30 – 3:30 PM
Practice	5-8th	Mon	13-May	ICS Gym/Field	2:30 – 3:30 PM
Practice	K-4	Wed	15-May	ICS Gym/Field	2:30 – 3:30 PM
Meet	6-8 th Grade	Thurs	16-May	GMC @ Sayreville	4pm Start Time
Meet	All	Sat	18-May	CJCTC Championship Meet	TBD