

Track Information

Boys & Girls Track Team is for any 7th, 8th, and 9th grade student. The track season will start with our first official practice on **Monday, Feb. 24 and ends May 6**. We will use the track website to post information, updates about track meets, athlete's times at track meets, etc. You can access the website by going to: <https://www.tinyurl.com/afihtrack>. All of the track meet events are separated by grade and gender, so 7th grade girls compete against other 7th grade girls, etc. You can compete in up to 4 events and we want our athletes to do as many as possible. The events that athletes can participate in are the following:

- Sprints: 100m, 200m, 400, 4x100 relay, 4x400 relay
- Distance: 800m, 1600m, 3200m (9th grade only)
- Field events: long jump, high jump, shot put

The coaches who are over the events are:

- Sprints: Coach Ward & Coach Thomas
- Distance: Coach Bryson, Coach Walsh, & Coach Boltz
- Field events: Coach Grace (long jump, high jump) & Coach Cummings (shot put)

Before you can Practice

- You need to get a physical **before** we can let you practice. You can use the same physical you have used for other sports if it is from **this** school year. Your physical has to last the entire season so it must have the dates go through the month of May. If it ends in April or before, please get a new one before we start practice. You won't be allowed to practice or go to the track meets until you have a viable physical.

Practice

- Practice is every day except Wednesday or if we have a track meet. The athletes will start with the warm-up at 2:55.
- The first 20-30 minutes of practice will be conditioning. The last 30 minutes will be specialty. This is where they will work on the long jump, high jump, shot put, starting blocks, and relay handoffs.
- Practice ends at 4:00 and athletes will need a ride home. You cannot stay and hang out at the school after practice once the coaches leave.
- We expect our athletes to be at every practice. We know there are extenuating circumstances but those must be communicated either to Coach Bryson or Coach Ward.
- Practices are closed to everyone except athletes and coaching staff. Parents are encouraged to cheer for their athlete from the stands but leave the coaching to the coaches.

Time Trials for Sprints

- We will hold a time trial for the sprinting events by timing the athletes in the 100m, 200m, 400m. Each track meet will allow a different number of athletes to run in the sprinting events. Once we have track meet times, we will use the times from the meet to help determine which events we expect the sprinters to run in.
- Athletes who make the top spots in the sprints need to run in **ALL** of the events that you made it in for the first track meet. If an athlete does not run in all of their events, they will be removed from all of the sprinting events for the second track meet.
- Athletes who do not make the top spots in the sprints are welcome to run with the long distance runners. Those events allow for an unlimited number of athletes at the track meets.

Field Events

- Athletes will be able to practice for the field events during the specialty time in practice (last 30 mins). They are expected to participate in the conditioning part as well.
- We want our field event athletes to have at least one other running event. If they do not do the sprints, they can choose to run the 800m or 1600m.

Communication

- Athletes **must** sign up to use the Remind app in order to receive communication from the coaching staff.
- Girls need to sign up for the **Girls Track Team** and boys need to sign up for the **Boys Track Team**.
- They can sign up using their school email or for text messages on their phones.
- Remind does not allow for communication between other participants. You can ask questions and respond but it is only received by the "owner" which is Coach Ward. It **does not** allow the owner to see individual phone numbers or email addresses.
- Parents can sign up for Remind as well, but if you have multiple athletes participating, you only need to sign up for one of the Remind teams.
- Remind is used to communicate important information about the track meets and about practice. It is expected that each athlete knows the information that has been communicated to them, and that they take responsibility for knowing what to do.

Track Fees & Clothing

Participation Fee: **\$25**

- It must be paid **before** the first track meet or the athlete will not be allowed to attend. We will issue refunds if it is **before** the first track meet. You won't be able to pay for this until **after Feb. 18** when the portal window opens.

Track Jersey:

- It is required to get a track jersey. It must be the **track jersey and not the cross country jersey**. If you have one from last year, you do not have to get a new one unless you want to.

Track Hoodie:

- It is not required to order these but it is nice to have a hoodie for the cold days.

T-shirt:

- Also not required but nice to have.

****We do not have the pricing for the clothing at this time. We will have those available after Feb. 18 when the portal window will open for you to pay.**

Parent Meeting

- We will have a mandatory parent meeting on **Tuesday, February 18**, in the boys gym at 3:00 pm. We need to have at least one parent/guardian there along with the athlete. We will have the prices on clothing available, samples of the clothing, and sizes for you to try-on. The portal window will open for the clothing and the participation fee after Feb. 18. Aktivate will open for submissions on Feb. 18 too.

To Do List:

- Get a current physical that will last the entire track season (ends in May)
- Remind App—athletes must sign up, parents can if they want
- Aktivate filled out and paperwork uploaded (opens Feb. 18)
- Track fees paid (opens Feb. 18)
- Clothing paid (opens Feb. 18)
- Team Roster Form filled out—on track website