

## Head Coach

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Team Website:  
<https://xctf.rhsgators.com/track/>

1. Please fill out your information. [CLICK HERE](#) This way I can get in touch with you and have an idea about numbers.
2. Please join our remind so you don't miss out on any of the major announcements, etc.  
Sprinters/Jumpers & Family  
Text @sprints4 to 443-986-9259 to receive our updates.  
  
Distance Runners & Family  
Text @tfdisrhs to 443-986-9259 to receive our updates.  
  
Throwers & Family  
Text @tfthrows to 443-986-9259 to receive our updates.

3. All Necessary Paperwork will be turned in online via a parent/guardian's hcpss connect account.
  - Schedule your Physical NOW.** Make an appointment with your doctors
    - If you can't get into your doctors by Nov 15, you can go to the following locations:
      - CVS - Minute Clinic
      - First Call - By Chick Fil a
      - Patient First
      - Rite Aide
  - Copy of a Utility Bill (Water Bill, BGE, HARDLINE Phone Bill (*No Cell phones*), etc)-Must not be older than 3 months.
  - Grades: Make sure you do not have more than one E and have at least a 2.0 for the 1st quarter
  - You and your parent/guardian will need to acknowledge a number of online forms.

## **PAPERWORK HELP**

Do you need help submitting paperwork, here is the link:

<https://www.hcpss.org/f/connect/hcpss-connect-guide-hs-athletic-registration.pdf>

## **Please verify that your paperwork has been submitted by click here:**

This is the final list of athletes that made the team for the 2025/2026 Indoor Season.

[https://docs.google.com/spreadsheets/d/1N5dcrWE\\_SKGz-eBwpWlcnG0ThRiAlrOOTEYP0FeyMnQ/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1N5dcrWE_SKGz-eBwpWlcnG0ThRiAlrOOTEYP0FeyMnQ/edit?usp=sharing)

## **4. Items needed to be successful for track**

- Proper Running Shoes (Feet First, will provide proper fitting and a team discount) - We will have a team night set up closer to the start of the season.
- Racing Shoes (Racing Spikes) - Also at Feet First
- Appropriate workout attire.
  - Need to be prepared for indoor and outdoor training.
  - Outdoor Suggestions: Gloves, Hats, tights, Long Sleeve Shirts, and Workout Style Pants
  - Of course T-Shirts and Shorts can be worn under

5. There is a preseason meeting that is highly recommended you attend. This meeting will cover the basic requirements to join the team, paperwork, preseason conditioning, etc. **Once the season has started, there will be a Required Parent/athlete meeting.** The first meeting on Oct 5th is a preseason meeting and it is highly suggested you attend. The second meeting is a required in season meeting in which all team members and at least one parent/guardian must attend.

PreSeason Informational Meeting  
 SUNDAY, October 5th @ 7:00pm. .  
 Meeting Link: <https://meet.google.com/ptk-wfyr-ghd>

**\*\*\* REQUIRED\*\*\* Second Meeting: Wednesday, December 3rd @ 7:00pm Virtual**  
 Google Meet joining info  
 Video call link: <https://meet.google.com/okr-uaby-fna>

**6. Practice begins Saturday, November 15 @ 8:00am in the Atrium. Practice will take place Monday - Friday and on most Saturdays.**

- Week 1 (Nov 15): Saturday: 8:00am - 10:00am @ Reservoir
- Week 2 (Nov 17 - 22): Monday - Wednesday: 3:00pm - 5:00pm (Possibly a 3:15pm start if we are inside)  
 Thursday - Friday: Team Time Trials (REQUIRED BOTH DAYS)  
 Saturday: 8:00am - 10:00am @ Reservoir
- Week 3 (Nov 24 - 29): Thanksgiving Week (No Team Practice)  
 We will post conditioning workouts for you to complete on your own  
 All athletes are expected to complete these workouts on their own.
- Week 4 and Beyond: Monday - Friday: 3:00pm - 5:00pm (Possibly a 3:15pm start if we are inside).  
 Saturday: 8:00am - 10:00am @ Reservoir

**7. Meets for the 2025/2026 Season**

- Here is an early look at our Meet Schedule for the 2025/2026 Season. Things could change, but here is our tentative plan.

Day	Date	Meet Name	Location
Thursday-Friday	Nov 20-21, 2025	Team Time Trials (Required)	Reservoir HS
Monday	Dec 8, 2025	Howard County League Meet #1	PG Complex
Saturday	Dec 13, 2025	Howard County Winter Festival	PG Complex
Monday	Dec 22, 2025	Howard County League Meet #2	PG Complex
Monday	Dec 29, 2025	IceBox Winter Invitational	PG Complex
Friday - Saturday	Jan 2 - 3, 2026	Hispanic Games	New York Armory, NYC
Wednesday	Jan 7, 2026	Howard County League Meet #3	PG Complex
Saturday	Jan 10, 2026	Montgomery Invitational	PG Complex
Friday	Jan 16, 2026	Howard County Indoor TF Championships	PG Complex
Saturday	Jan 24, 2026	Last Track to Philly	Georgetown Prep
Saturday	Jan 31, 2026	3A West Regional Championships	PG Complex
Wednesday	Feb 18, 2026	3A State Championships	PG Complex

## **8. PreSeason Conditioning Workout Information**

Sprints: [CLICK HERE for Conditioning Plan](#)

- On Tuesday and Thursday @ 3:00pm, Coach Mekhi will be at the track to run a conditioning practice.
- You should be working out a minimum of 3 days per week. You can use the conditioning plan and Coach Mekhi's conditioning practice to properly prepare for the Indoor Season.
- If you are currently involved with a Sports team, you should not be attending out conditioning practices.

Middle Distance and Distance Runners: [CLICK HERE FOR Conditioning Plan](#)

- You may attend the Cross Country Practices @ 3:00pm to learn the drills and to go on some of the easy runs. However most of your runs you will need to be completed on your own.

Throwers: LIFT DAILY. Lift Legs and Lift upper body, Core work

**Pre Season Presentation:** Sunday, October 5th: [CLICK HERE](#)

**FOR FAQ's see the next page!**



## **FAQ:**

When is the start of the season?

Conditioning should start now.

The official start of the season is Nov 15

All Paperwork needs to be completed by Nov unless approved by a Coach ahead of time.

In Season Practice Schedule?

Monday - Friday: 3:00 - 5:00pm

Saturdays - Typically 8:00am - 10:00am (sometimes 8:00am - 10:30am)

Meet Schedule?

Closer to the start of the season, I will release an official schedule, but I listed most of the meets we will attend under #5 above

I may add another meet or two in January.

When are team time trials?

Most likely Nov 20 and Nov 21, right before thanksgiving break

We typically use time trials to determine an athlete's current skill level and their level of fitness.

Are there going to be tryouts?

The time trials will be our tryouts and we will have cuts if the team exceeds 120 team members.

