

## 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 Birth Certificate (if you are a new athlete to Reservoir)
- ☐ 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 2024/2025 Indoor Season.

[https://docs.google.com/spreadsheets/d/1ZL1w857iMbEOEbvh7oSt9w7y63lDKpoPTfVzn6g5hVA/edit?usp=drive\\_link](https://docs.google.com/spreadsheets/d/1ZL1w857iMbEOEbvh7oSt9w7y63lDKpoPTfVzn6g5hVA/edit?usp=drive_link)

## **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 requirement 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 1st 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.

**DATE CHANGED:**

PreSeason Informational Meeting  
SUNDAY, October 6th @ 7:00pm. .  
Indoor Track & Field Interest Meeting  
Video call link: <https://meet.google.com/kwx-mtpg-dem>

**\*\*\* REQUIRED\*\*\* Second Meeting: Thursday, November 21st @ 7:00pm Virtual**

Google Meet joining info  
Video call link: <https://meet.google.com/cjf-nrcg-wgg>

**6. Practice begins Wednesday, November 15 @ 3:00pm in the Cafeteria. Practice will take place Monday - Friday and on most Saturdays.**

Week 1 (Nov 15 - 16): Friday: 3:00pm - 5:00pm (Possibly a 3:15pm start if we are inside).  
Saturday: 8:00am - 10:00am @ Reservoir

Week 2 (Nov 18 - 23): 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 25 - 30): 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 2024/2025 Season**

- Here is an early look at our Meet Schedule for the 2024/2025 Season. Things could change, but here is our tentative plan.

Day	Date	Meet Name	Location
Thursday-Friday	Nov 21-22, 2024	Team Time Trials (Required)	Reservoir HS
Friday	Dec 6, 2024	Howard County League Meet #1	PG Complex
Friday	Dec 13, 2024	Mercersburg Invitational	Mercersburg Academy, PA
Monday	Dec 16, 2024	Howard County League Meet #2	PG Complex
Saturday	Dec 21, 2024	Howard County Winter Festival	PG Complex
Friday	Dec 27, 2024	IceBox Winter Invitational	PG Complex
Friday - Saturday	Jan 3 - 4, 2025	Hispanic Games	New York Armory, NYC
Tuesday	Jan 7, 2025	Howard County League Meet #3	PG Complex
Saturday	Jan 11, 2025	Montgomery Invitational	PG Complex
Thursday	Jan 16, 2025	Howard County Indoor TF 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 6th: [LINK FOR PRESENTATION](#)

**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 21 and Nov 22, 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?

Only if the team gets too big. If there are tryouts, we will use the time trials as our TRYOUT period.

