

track

TRYOUTS:

DATES- SPRINT EVENTS: 1/27 (3-5 PM)
(100-meter, 400 meter) (boys and girls)

DISTANCE EVENTS: 1/28 (3-4 PM)
(1 Mile run) (boys and girls)

THROWING EVENTS: 1/29 (3-4 PM)
(Shot Put – Discus)

MAKE-UP DAY: 1/30 (if necessary)

SKILLS TO BE EVALUATED:

- The Track Teams will be selected based on times from the 3 tryout days. With this information, coaches will assess and project what athletes will be able to fill spots in all of our individual and relay teams (100, 200, 400, 800, 1 Mile, 2 Mile, 4 X 100, 4 X 400, Shot Put, Discus)

EXPECTATIONS:

- Be on time. Prioritize practice time. Communicate ahead of time if sick or have unavoidable absence.
- Set-Up/Take-Down before/after practices and games
- Be a Positive Teammate – Team First Approach and Attitude on and off field
- Be a LEADER in your school (behavior and classroom come first)
 - Being an athlete is an earned privilege
- ***Support Booster Club through Player Contribution or Advertising***

After reading over the evaluation process, please sign and date below.

(must be returned prior to tryouts)

ATHLETE NAME: _____ SIGNATURE: _____

PARENT NAME: _____ SIGNATURE: _____

