SRV Track & Field Update #1 (Week of February 10)

Hello track and field family. The start of the season is FINALLY upon us. Tomorrow marks day one of the 2025 season. See below for some important information regarding this week.

1. Athletes should **meet in the bleachers at the track by 4:00**. Do not show up at 4:00, be in the stands and ready to go by 4:00. Come dressed in sweats and have your running shoes on, not spikes. If it's raining at 4:00, meet under the bleachers for announcements and attendance.

2. We **will practice in all types of weather**: sunny, rainy, cold, hot, etc. It is supposed to rain on Thursday and Friday; be prepared with a jacket, hat, etc. If there is lightning, we will go inside but not cancel.

3. Bring a **water bottle to practice**, as there is only one water fountain at the track.

4. We currently have 250 athletes signed up for track. Not all of those folks will actually come out. Nonetheless, we'll have a lot of people to organize and keep moving on a daily basis. Be cognizant of athletes running on the track, throwing in the ring, hurdling, jumping, etc. **Look before you cross the track, and NEVER STAND IN LANE 1**!

5. **Attendance will be taken each day**. Remember, we have a 5 absence max. For the first 2 weeks, the coaching staff will handle this. After tryouts, the captains will take on this responsibility.

6. Speaking of captains, they will be named after the tryout meet. **Those considered for captainship** will need to display their leadership skills and work ethic in the first two weeks of practice. (Don't miss practice on Senior Ditch Day.)

7. Next Monday is a National Holiday. We will NOT have official practice on Monday, February 17, but we **will practice on Tuesday, February 18th**, even though the students do not have school.

8. The **tryout standards** are posted on the website, so you can access them any time. Track Website- Tryout Standards

9. The track and field **website**: https://srvhstrackandfield.com/

Let's have a great start to the season! Go Wolves! 🐺💚💛