

## Head Coach

Philip Rogers

(410) 212 - 0442 (You can text me with any questions)

Room 327

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

## **PreSeason Interest Meeting:**

**Wednesday, February 19** 7:00 – 8:00pm

Google Meet Link: <https://meet.google.com/icd-jnyr-thb>

Presentation from the meeting: [Presentation Link](#) (Not available until after the meeting)

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## **Things to do:**

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 @tfsprint 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.

☐ **Get your Physical schedule NOW.** Make an appointment with your doctors

• If you can't get into your doctors by March 1st, 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) - It must show your address and a current date (within 3 months)

☐ **Make sure you do not have more than one E and have at least a 2.0 for the 2nd quarter**

☐ You and your parent/guardian will need to acknowledge a number of online forms.

☐ Vaccine proof or weekly checks required

☐ **CHECK TO MAKE SURE YOUR NAME IS ON THE TEAM ROSTER.** [CLICK HERE](#)

**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>

\*\*\* for more paperwork help options, see FAQ's below.

4. Items needed to be successful for track

- Proper Running Shoes (Feet First, will provide proper fitting and a team discount)
- Racing Shoes (Racing Spikes) - Also at Feet First
  - There will be a team night at Feet First on March 14th .
  - You will get a discount on the shoes, shirts, gloves, etc plus a percentage of every dollar spent will be donated back to Reservoir Track & Field.
- Appropriate workout attire.
  - Need to be prepared for indoor and outdoor training.
  - Gloves, Hats
  - Tights
  - Long Sleeve Shirt and Long Pants
  - Of course T-Shirts and Shorts can be worn under

5. The **Outdoor Schedule** is full and promising! Here is a rough idea of the schedule. There may some additions and small changes, but this is pretty close to being 100% (Link to Schedule: [CLICK HERE](#))

6. **Parent Meeting** will take place after Time Trials. This meeting will be virtual and required.

Required Parent Meeting:

Wednesday, March 12th @ 7:00 pm Virtual

[MEETING LINK](#)

*\*\*\* determines if athlete can attend the first meet @ Duckworth Relays*

7. **Workout Information**

If you are currently not in season, or on the track team, there are some workout plans that you can follow to help get yourself ready for the Outdoor Season!

**Sprints:** [CLICK HERE FOR 4 Week Conditioning Plan](#) (UPDATED)

**Middle Distance and Distance Runners:** [CLICK HERE FOR 4 Week Conditioning Plan](#)

**Throwers:** LIFT DAILY. Lift Legs and Lift upper body

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## **FAQ:**

When is the start of the season?

Conditioning should start now.

The official start of the season is March 1st

All Paperwork needs to be completed by March 1st unless approved by a Coach ahead of time.

Practice Schedule?

Monday - Friday: 3:00 - 4:45pm (3:15pm - 5:00pm if we have to be inside due to weather)

Saturdays - Typically 9:00am - 11:30am (sometimes 8:00am - 10:30am)

Meet Schedule?

See Above.

Athletes will not go to EVERY MEET. Some meets are designated for JV kids, or specific grades, or Varsity only.

When are team time trials?

Most likely either March 10 and 11.

Are there going to be tryouts?

We will only keep 150 athletes. Only if the team gets too big. If there are tryouts, we will use the time trials as our TRYOUT period.

How do you know if you are on the team roster or if your paperwork is completed and turned in?

Click on this link. If it says Eligible, you are good to go. [CLICK HERE](#)

## **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>

Complete the application on a computer using either Chrome or Firefox - some users experience challenges when using mobile devices.

If you are still having issues, please clear their browser cache. Instruction below.

### **Clear the Chrome Cache**

1. On your computer, open Chrome.
2. At the top right, click More .
3. Click More tools Clear browsing data.
4. At the top, choose a time range. To delete everything, select All time.
5. Next to "Cookies and other site data" and "Cached images and files," check the boxes.
6. Click Clear data.