Sprint Squad Information

1. **Make sure you are signed up for Remind: (Athletes Only)**
   Send a text with the codes below for your group to the phone number: **81010** or use the following links:
   → **Sprints/Jumps/Throws** use this link to join: https://www.remind.com/join/sprintwfhs
   Code: @sprintwfhs
   → **JUST Throwers** use this link to join: https://www.remind.com/join/wfhsthrows
   Code: @wfhsthrows
   → This is where I will post information just for the sprints/jumps/throws crew (canceled practice, reminders, meet sheets, announcements, results…)

2. **Team Website:** (Has the meet schedule, Team Gear ordering information, Speed Rankings, Meet Results and other useful information.)
   https://sites.google.com/wcpss.net/wfhsxctrack/outdoor-track-and-field

3. Here is the meet schedule: 2026 Track and Field Schedule
   a. Click HERE to get the Google Calendar Version. It will automatically add the schedule to your Google Calendar.

4. **Parent information night is Monday, February 23rd, in the main gym at 6:00pm**. We will cover ALL information about the track team, how we operate, and what you need.

5. Team Gear Order Form (Closes Thursday February 26th):
   https://bsnteamsports.com/shop/gAcNECqtEX

What do I need?

1. Good pair of Trainers
   → Trainers are the running shoes you run in/warm-up in everyday. If you are new to the sport, you should go to a running store so they can look at you and determine the appropriate running shoe for you! The wrong type of shoe, or shoes that are too old, can lead to serious injuries.

2. Spikes
   → For sprints, you will complete workouts, and practice block-starts, in your spikes so bring them to practice everyday!
   → You need to make sure you get the appropriate spikes!! There are sprint spikes, distance spikes, high jump spikes, horizontal jump spikes, throwing shoes…. So make sure you get the correct spikes for your event(s).

3. Water Bottle - No drinking out of the large jug, bring your own water bottle.
4. Towell for stretching / core workouts
5. Warm Gear for Cold/Rainy Days - Always be prepared for the weather. Not having proper gear is not an excuse to miss practice.