

PV Track and Field Season Info



-Follow PV Track at @pvxctrack on Instagram and Twitter and pvtrack.blogspot.com

-Get text updates on Remind by texting the message @trackprs to the number 81010.

Paperwork / Physical / Fee – you need to have your paperwork and physical done before you can come out to official practice. To do this, go to registermyathlete.com and get registered for either boys or girls track. If you have a physical on file at school (for this year), you are good. If not, print out the paperwork (or get it in the office) and get your physical taken care of and turned into Kara in the office. You'll also need to pay your \$100 participation fee before you can come out to official practice.

Grades – Your 3rd quarter grades determine your eligibility for most of the season... so make sure they are good! (2nd quarter for the 1st meet of the season)

OFFICIAL TRACK PRACTICE – Officially, we will start up on Tues, Feb 20th. We will practice each afternoon from 3:00-4:30/5:00 (some people may have morning practice). Those in a Winter sport will begin attending when their seasons end.

Practice Schedule and Expectations -

It is expected that athletes will attend each practice. Failure to do so may result in inability to compete in meets and possibly a dismissal from the team. We all have different circumstances, so it is a MUST that you talk to Coach Holt if you are not able to attend a practice.

Practice will be held Mon-Thurs at 3:00 and after school on Fri at the PVHS track.

Each Monday, we will meet in the lecture hall for a short team meeting. Please be there - the first meeting will be Tues the 20th.

Spring Track Schedule – is posted on the track blog.

Gear – You will need to pre-order your gear. Everyone must have a uniform singlet; they are **\$35**; you also need one of the team shorts which are **...** - These items will be purchased through the school and your fundraiser \$ can help pay for them. The spirit pack will be posted at **pvtrack17.itemorder.com** - No spirit pack gear is required (and it is not the official uniform, just practice gear). The order will close on **March 1st!** This gear must be paid for by your own \$.

Fundraiser – To help cover the cost of all sorts of things, we are asking each athlete to participate in our fundraiser. Your first \$25 will go toward the team; the remainder of your money can go toward:

- \$25/\$50 hotel fee (every athlete who travels to Orem (and/or) Herriman is required to pay this fee - \$25 per night)
- Uniform (\$35 singlet and **\$20-\$35** shorts)
- \$85 participation fee (if you are using your fundraiser to pay your participation fee, PLEASE talk to Coach Holt first!)
- ❖ But, unfortunately, NOT your spirit pack (this is separate from your uni and is ordered on your own).

PV Track & Field fundraising opportunities this season:

Sponsor Level	Benefit	Cost
Maroon	Business Name Placed on the Back of the Invite T-Shirt	\$50
Silver	Above + a Business Link on the Team Website	\$100
Black	All of the Above + Business Name Listed on the Invite Program Sponsoring a Specific Event at the Invite	\$150

There are a lot of businesses out there that are willing to help sponsor, so ask around. The sponsor check should be taken to the finance office and get a receipt to show to Coach. (You can go to our website, pvtrack.blogspot, to see examples of the advertising.) Get started on it ASAP! Sponsors must be turned in by March 1st.

PV INVITE help:

PV hosts one of the largest high school invitationals in the state. This year it is on the 22nd and 23rd of March. I know there are always events schedule and things going on, but we will really need every athlete to plan on helping at the meet. So please free up

your schedule on this weekend. We will also need help from parents to run concessions and help with the timing and managing events.

Winter Schedule:

We will be conditioning in the winter (for those that don't have a winter sport) -

- **Distance** - Monday-Friday afternoons at 3:00p (we will include some mornings eventually)
- **Sprints and Jumps** -
- **Throws** -

Race Schedule: All indoor meets are on your own and not affiliated with PVHS or PV track. If you are interested, let the coaches know and we will help you register.

Jan 5 BYU Track Camp Info at byusportscamps.com

Jan 11 Utah Distance Challenge Utah Olympic Oval (Kearns)

Events: 400, 800, 1600, 3200

Jan 18-19 BYU Indoor Meet BYU Smith Fieldhouse (Provo)

Jan 25-26 UHSTCA Indoor Utah Olympic Oval (Kearns)

Feb 1-2 WSU Indoor Meet WSU Stomberg Complex (Ogden)

Feb 8 Last Chance/Simplot Tuneup Utah Olympic Oval (Kearns)

Events: 60m hurd, 60m, 400, 800, 1600

Feb 14-16 Simplot Games ISU Holt Arena (Pocatello)