

### **Track General Info:**

**Try outs:** Athletes must have a current AHSAA physical to tryout (within the last calendar year). Physical forms are located in the student center or can be printed from the school website under ‘forms’. Tryouts will take place on two different days. Short distance tryouts will take place on Monday, February 4<sup>th</sup> after school until 4:30 pm. Long distance try outs and field try outs will take place on Tuesday, February 5<sup>th</sup> after school until 4:30 pm. On the short distance day, athletes will have the opportunity to run the 100, 200, and 400. On the long distance and field day, athletes will have the opportunity to run the 800 and 1600. Field event tryouts will be shot put, discus, and long jump. Athletes may try out for both short and long distance. They may try out for as many events on each day as they would like.

**Cost:** \$70 – If by check, make it out to PJHS Track. This is the fee for track. It enables the program to pay for fuel to matches and pay entry fees.

\$5 – Cash only. This amount is paid for catastrophic insurance. The football booster club fronts the money at the beginning of the year for all sport catastrophic insurance and sports pay them back as the sports occur.

**Practices:** The first practice will be Tuesday, February 12<sup>th</sup>. Practices begin immediately after school and last until 4:30. Practices will primarily be Tuesdays and Thursdays. A schedule will be distributed at the first practice.

**Parent/Athlete Meeting:** A parent/athlete meeting will take place on Monday, February 11<sup>th</sup> at 6pm. At this meeting, parents & athletes will fill out paperwork and pay fees.

**Meets:** We try to attend four meets per year, though we are sometimes at the mercy of the weather. Meet start times will be announced to players to relay home, but those times range from 3:00 – 4:30 central time. Students arrive back from meets late (9 pm at the earliest). They are instructed 30 minutes before arriving back to call their ride. Players are encouraged to bring money for food at meets. Water is provided on the infield by hosting schools, but athletes are encouraged to bring a water bottle of their own. **Parents can check athletes out and bring them home from meets, but MUST sign the sign-out sheet prior to leaving.** All athletes must ride the bus to meets.

**-Girls’ Track Coach: Kyle Sandlin (kyle.sandlin@acboe.net)**