1. Consent/Insurance/Athletic Physical Form Packet must be turned in to participate. **Due Friday, February 5th** to Coach Hackney, Coach Smith, or Coach Coulombe.

2. $25 Athletic Fee: You will get a track team t-shirt with the athletic fee. It is also used to cover rising costs and budget cuts for transportation and meet registration fees. **Due Friday, February 5th** to Coach Hackney, Coach Smith, or Coach Coulombe.

3. Track Information and Order Form **due Friday, February 5th** to Coach Hackney, Coach Smith, or Coach Coulombe.

4. Pick up from practice will be PROMPTLY at 3:30 or 4:00- refer to the schedule. If you are picked up late more than once, you will not be allowed to participate anymore.

5. First practice is Monday, February 8th.

6. Must have a pair of gray shorts to wear for meets (shorts are available for purchase with the optional track gear order form).

7. A calendar with practices and meets is on the back of this sheet but is subject to change.

8. If you aren’t one of the top three in your event you may not go to the meets, but everyone is welcome to participate in practice.

9. Everyone will run at practice (even throwers!)

10. We keep track of who comes to practice, if you don’t come to practice or don’t let us know you aren’t coming, you probably won’t be invited to the meets.

11. Track is all about responsibility. If we can’t trust you, you may not be invited to the meets. There is a lot of down time and you have to keep track of when your events are so you don’t miss them. You need to be in the stands with our group, at the bathroom, at the concession stand, or at your event. Wandering around all the time will probably keep you from coming back.

12. Sometimes we will go to the high school. If we can’t trust you, you won’t be allowed to go. High schoolers come first.

13. Warm clothes are a necessity. Bring layers but they have to be school appropriate. We will go outside. Be prepared for the weather no matter what!