

## 2019 Panther Track and Field

1. **Track practice begins on Tuesday, March 12th 2019 after school until 4:45pm.** Meet in main gym and come dressed for practice. (Running shoes, shorts, t-shirt, sweatshirt, sweatpants). PICKUP PROCEDURES - . Boys and Girls on south side pull up to **Door 3** to avoid traffic back-ups.
2. **\*ALL ATHLETES MUST HAVE AN IHSAA PHYSICAL ON FILE WITH THE AD BEFORE PARTICIPATING. PHYSICALS MUST BE DATED AFTER April 1ST 2018 IN ORDER TO BE VALID FOR THIS SEASON\***
3. Have parents fill out the **Online Signature Forms** at [Hamiltonschools.rankonesport.com](http://Hamiltonschools.rankonesport.com) before the first day of practice. All athletes must have a physical on file BEFORE the first practice. These must be on file to participate.
4. Eligibility Policy- End of 3<sup>rd</sup> 9 weeks was 3/8/19. 2 F's or more = no track
5. Team calendars and rules will be distributed the first day of practice.
6. All athletes will compete in home meets. Mainly 'varsity' athletes will travel to away meets.
- \*\*7. **Attendance Requirements: Track is a school sport and will take priority over club sports. All athletes are expected to be at all practices and meets.** Practice is 3-4:45pm Tuesday-Thursday before spring break and 3-4:30pm after spring break. **Mondays we practice from 3:30-5pm because of study tables.** Our meets take place on the following dates: 4/11, 4/16, 4/22, 4/25, 4/29, 4/30, 5/2, 5/7, 5/9, 5/13, and the County meet on 5/17. Meets last well into the evening and athletes are required to stay until the completion of their assigned events, preferably the entire meet. You need to check schedules for any outside of school activities (i.e. soccer, baseball, softball, etc) and look for any conflicts with our track dates and times. If there are conflicts that interfere with our practices and meets then a decision needs to be made whether you commit to our Track team or the other activity.
8. Events: Shot put, discus, high jump, long jump, 3200m relay, 2400m, 1600m, 800m, 1600m relay, 400m relay, 400m, 200m, 100m, and Hurdles
9. Parent Meeting Tuesday March 26<sup>th</sup> 5-5:45 Auditorium
10. Refer to School's Track Website for copies of all forms- <http://www.hse.k12.in.us/HIJ/athletics/track/>

**Coaches:** Mr. Beck ([aaronbeck91@aol.com](mailto:aaronbeck91@aol.com)) Mr. Wegener ([jwegener@hse.k12.in.us](mailto:jwegener@hse.k12.in.us)), Mr. Wright ([jacobwright405@gmail.com](mailto:jacobwright405@gmail.com)) and Mrs. Normand ([hnormand@hse.k12.in.us](mailto:hnormand@hse.k12.in.us))