

TRACK & FIELD REQUIREMENTS - 2003

1. ALL ATHLETES, NEW & RETURNING

- Must obtain athletic clearance by the middle of January
- Must come to 90% of conditioning days in January
- Must assist in any team activity if requested by the coaches
- Participate in fund-raising activities which may consist of:
 - a) Selling candy
 - b) Selling tickets to a car-wash
 - c) Finding business sponsors for a banner
 - d) Donations from Parents and others
 - e) Seeing if your parents' business will sponsor us
 - f) Anything else you can think of

2. Pre-Season Conditioning

- If you are NOT in a winter sport, you must come to 90% of conditioning days in January and February. These days are:
 - a) Tuesday January 7 to Thursday January 9
 - b) Tuesday January 14 to Thursday January 16
 - c) Tuesday January 21 & Thursday January 23
 - d) Tuesday January 28 to Thursday 30
 - e) Tuesday February 4 to Thursday February 6
 - f) Tuesday February 11 to Thursday February 13

3. Daily work-out hours will be 2:00 to 4:00

- a) Depending on your event coach, you may be finished before 4:00

4. Try-outs

- If you ARE NOT in a winter sport, and are new to the team, you must come to try-outs in December:
 - December try-out days: Monday the 2nd, Tuesday the 3rd, Tuesday the 10th, Thursday the 12th, Monday the 16th, Tuesday the 17th
 - If you ARE in a winter sport, and are new to the team, you must come to try-outs on Tuesday February 18th to Thursday February 20th (unless your team is involved in the play-offs)

5. Athletic Clearance – Those who have been in or are presently in a sport here on campus do NOT need a new physical; they just need an emergency card and transportation permit. Others need to get a physical as well as the other papers in the packet filled out. Athletic Clearance forms can be obtained in the front office. Turn your papers into ME!!!