Welcome and thank you for visiting the Heritage Track and Field page. The following information should assist you with questions regarding Spring Track and Field 2019.

1. All interested students MUST complete the Athletic Registration Form. This can be found by visiting the Heritage Website and clicking on Athletics. The registration form must be submitted on line.
2. All students must have a current physical. The physical form should be downloaded for the Physician to complete. This form must be turned in to Mrs. Banks, Athletic Trainer, Mr. Charles Johnson, Asst Athletic Director or Coach Pat Kennedy, Director of Athletics. They are located in the 1700 Hallway, which is the Gym area.
3. Numbers 1 and 2, must be completed to receive a Ticket to Play. A Ticket to Play Must be presented before trying out for the Team.
4. Tickets to Play will be distributed on Feb 11, 12 and 13th during all 3 lunch periods.
5. Days of Tryouts is Wed. Feb 13, Thurs, Feb 14 and Monday Feb 18. You must attend all practices.
6. The 2019 Team will be posted on Tuesday, Feb 19.
7. Practices will start on Feb 19, 20, 21 After that Practices are MON- Thurs. 2:45-4pm We do not practice on Friday unless notified otherwise.

Other Information regarding Track and Field

1. You will need proper Running shoes! No Basketball or other court shoes. No flip-flops
2. You will need proper clothing for the weather. You should have tights to cover legs and keep temperature to your body. Remember, we practice outside all the time. So be prepared for weather.
3. To receive daily updates, join the Track Remind. Go to messages (text) and put in 81010 to call. In the message area put @6b359 and hit send. You should be connected to Remind then.
4. My email is [havearuntrackmind@gmail.com](mailto:havearuntrackmind@gmail.com)

Coach Todd- Director/Head Coach Heritage Huskies