**What can I expect as a member of Heritage Track and Field!**

**New Parents and Athletes**

***Heritage Track and Field is a competitive high school sport, and not a part time/social club sport. We require 100%commitment. We practice/train 4 days per week regardless of an athlete’s participation in outside sport Club sports or training groups. In order to compete, athletes must practice and train with the High School Team***

**What happens at try-outs?**

At Tryouts which are really just trials used to help evaluate an athlete’s ability. Athletes are timed in the 100m and possibly the 400 meters, and also participate in a long jump. The 100 m demonstrates natural speed and power needed for sprint events, the long jump demonstrates jumping ability for both the vertical and horizontal jumping events, and The 400 m demonstrates natural strength, determination and endurance needed for middle distance races.

**Coaches determine what events athletes will compete in, NOT PARENTS OR ATHLETES. The coaching staff will utilize the talents of our athletes to benefit: #1 The Team and #2 The individual – In that Order.** Track athletes and parents must **Accept** that coaching decisions are made in the best interest of the team taking precedence over the desires of any individual team member. Time and marks are not the only standard used in determining an athlete’s event. **Coaches reserve the right to use their professional discretion in determining the events an athlete is capable of competing on this team.** Track events may change year to year and week to week due to an athlete’s performance, improvement and commitment level. It is not always the fastest or best that will compete, but the most committed **EVERYDAY!!!!**

**Very Important!!!!**

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.**