Things **you need to know for Track and Field at Heritage High School**

1. **You must come to practice every day. Be on time! Practices last no longer than hour and half. If you cannot make it or be on time due to meeting or testing with a teacher, please bring a note from that teacher or club leader. If you have a Doctor’s Appointment, please have your parents write a note or bring copy of appointment card.**
2. **Please have the proper training shoes to practice in. Must be a running shoe. Ask a coach for recommended places to purchase. Once you make the team, you will need spikes with ¼ spikes (Xmas Tree)**
3. **Must listen to coaches. Asking questions that have already been discussed are a distraction for coaches. Please remember to “Ask 3, then me” If you cannot get an answer from someone that knows, then ask a coach! Learn to be responsible and resourceful.**
4. **Everyone must purchase a pair of black compression shorts. No design or logos. Plain black compression shorts. Length is up to you. Also good to have long black tights in case of cold weather. These can be purchased at Target, Wal-Mart’s for best prices. Also, most sporting good places like Dick’s have them also.**
5. **Sign Up for Remind by texting. To 81010 and Message put @6b359 send.**