

Welcome Letter, 2020

Hello and thank you for visiting Heritage High School Track and Field page. We are excited for the upcoming 2020 Spring Track and field Season. Please follow the bullet points in order to assure your participation immediately once the season starts.

If you are currently playing a sport from the Fall or Winter Season, you do not need to do any of the following. **

- ****Go to the Heritage HS home page and look for the Athletic Participation Form. Fill this form out on line and submit it On Line!**
- ****Download the Athletic Physical Form Only. Take this form to a Doctor to complete when you get your physical. Bring the completed form to the Trainers Office or Athletic Directors office. Both are in the 1700 hallway.**
- **All students, even those that ran Winter Track, must get a Ticket To Play for Spring Track. Tickets will be given out during all three lunch periods on, Feb 10, Feb 11 and Feb 12 2020.**
- **First Day of Practice is Wed, Feb 12, 2020. 2:45 – 4:00 at Track You must have a Ticket To Play at that time. No exceptions!!!!**
- **Practice will be Mon, Tues, Weds, Thurs from 2:40-4:15 pm. Unless otherwise informed. Be on Time!!!**
- **Final Team Rosters will be turned in by the end of practice Mon, Feb 24, 2020 This roster will be based on commitment, being on time, effort in practice and ability to perform certain running /throwing or jumping tasks.**
- **First competition is Wed. March 11, 2020. Complete Meet schedule will post later**

Other Information regarding Spring Track

- **You will need proper Running/Training shoes. No Basketball or other court shoes or flip-flops This is your most important piece of equipment**
- **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.**
- **Once you make the team you will have access to the Team Locker Rooms. Have a lock to lock up things during the day.**
- **All students and parents are strongly encouraged to join the Team Remind. Up to date information from me is always sent via remind. On your Cell Phone, go to send a text message and put in 81010 (instead of a phone number) in the message area put @6b359, hit send and you should be connected.**

Looking forward to working with the members of Heritage HS Track and Field Teams. Feel free to contact me at havearuntrackmind@gmail.com

Regards.

Coach Dee Todd, Head Coach/Director of Track and Field