SSMS Track & Field

Pre-Tryout Information Letter

***By trying out for the SSMS track & field team you are promising to attend and compete at each meet.***

**Tryout Dates:** 3/6,–800m, high jump, long jump, shot put, & discus instruction

3/7 – 100 & 200 m dash times (all others are excused)

3/11 – 400 m dash & field event practice

3/12 – All field events and make up running events

3/13 – Early release day – no tryouts! Team will be posted

3/14 – Team meeting

Practice begins 3/18-3/21

**Tryout/Practice Times:** All tryouts will end by 4:30. Potential student-athletes must arrange to either have a ride or go to the YMCA to be off campus by 4:45.

**Weather:** We cannot hold tryouts or practice in the rain or when the facilities and equipment are wet. Listen to the morning and afternoon announcements for any cancellations.

**Selection Process:** The team will be selected based on timed and measured performances witnessed by our staff during the tryouts.

Only four athletes may be entered in every event, with the exception of, the expedition 800m run and open 1600m run. In those events we may enter more athletes.

We attempt to keep only those student-athletes whom we can enter into competitive meets on the team.

6th, 7th, & 8th graders compete against each other. There is not a JV/Varsity division.

**Procedures:** Report to your prospective locker room each day of tryouts to dress, then report to the stadium with your backpack.

Bring a water bottle to keep with you. You must stay inside the stadium area until dismissal unless instructed otherwise and escorted by a coach. The stadium restrooms will be unlocked and available for use during tryouts and practice.

We will meet in the home bleachers near the concession stand. You will leave your backpacks there until after practice. From the bleachers a coach will direct you to where you will go for tryouts.

**Attire:** School dress code is in effect. A lightweight and comfortable running shoe is recommended. Spikes are not beneficial on the surface of our track. All athletes must wear a shirt and athletic shorts or running pants that are weather appropriate.