

## Welcome to High School and Middle School Track and Field!

The **JH Track and Field** Coach is Mrs. Sarah Williams, her email is [sarah.williams@fpls.us](mailto:sarah.williams@fpls.us) . Parents and students are to follow these instructions to join JH Track and Field “REMIND” to stay updated on all information -

**Send a text to** - 81010

**Text this message** - @mstrack24

Follow this link for the current JH Track and Field schedule -

<https://docs.google.com/document/d/1FjMWc2YAq8zHkSdKu5Zw1oB1bZMxmuePE9WkXyr52zA/edit>

\*Schedule is subject to change

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The **HS Track and Field Coach** is Mrs. Angela Murphy, her email is [angela.murphy@fpls.us](mailto:angela.murphy@fpls.us). Parents and students are to follow these instructions to join HS Track and Field “REMIND” to stay updated on all information –

**Send a text to** - 81010

**Text this message** - @24fhs-tf

Follow this link for the current HS Track and Field schedule -

<https://docs.google.com/document/d/19hf9Qb0jPkLlNi-efArqDH8ojn7DmMsRb2d4dlfITE/edit>

\*Schedule is subject to change

## **All Track and Field**

Mandatory practices will start March 1 from 3:00-4:30, weather permitting, meet at the track! Athletes are to bring running shoes and own water bottle. As for all practices, dress for the weather. We will let you know if we will be going outside or staying in (only if is raining and/or very cold). When in doubt, bring extra clothes. JH and HS practice together a majority of the time and practice is after school.

Below is a list of what Athletes must have to participate:

- 1) Current physical (must be within the last 12 months)-**cannot practice without a current physical!**
- 2) Grades- must be eligible (if you are unsure speak with your coach, grades go by quarter not semester)
- 3) Running Shoes – if you do not have shoes we can find you a pair, we have a lot of them!

We are excited for another great season! Please reach out if you have any questions.

Sincerely,

*Sarah Williams and Angela Murphy*