


Welcome to SHUMATE TRACK and FIELD

Before practice you will need:

- Physical on file IN OFFICE
- Activity Fee paid \$100 TO OFFICE (may have already paid this year for another sport)
- Emergency Form TO COACH (new one for each sport you play)
 - BOYS Coach -HULDERMAN
 - GIRLS Coach -DEANGELO
 - FIELD EVENTS Coach -

Uniform

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- Team Uniform: DUE TUESDAY 3/21 GIVE TO COACH staple payment to order form
 - Each runner ONLY needs shorts and a Singlet, everything else is optional
 - CHECKS TO RICKS SPORTS in blue or black ink
 - Your own tennis shoes OR optional spikes (no particular brand)
 - May need your own warm-ups/rain gear for cold/rainy days

Optional Conditioning (on the weekends and prior to first practice)

- Always warm-up and cool down
- Distance Runners- 2-4 miles
- Sprinters, stretch and get in a few intervals (run a block, walk a block) over and over for a mile or two to stay in shape

Practice starts TUESDAY 3/21 after school until 4:45pm PICK-UP at CHS Track

- Track shoes are important!
 - Make sure your tennis shoes are for running NOT basketball or skateboarding!
 - They should be supportive of ankles and tied tightly
 - Spikes are optional and not mandatory
- Practice clothes
 - Bring clothing for all types of weather (rain, cold, wind)
 - T-shirt, socks, long sleeve T, sweatshirt, track pants, hat, gloves - NO JEANS
- Warm-up begins promptly at 3:30 at the track
 - change in Shumate locker room and **use restroom** before you come out
 - bring all belongings out to track, you will not be able to go back in after practice
 - All athletes need to be picked up at 4:45PM SHARP at the Carlson TRACK
- **WATER, WATER, WATER! Bring your OWN bottled water to track EVERYDAY!**

Good sportsmanship and behavior will be enforced or you will be asked to leave. There are too many athletes on the team to spend time on negative behavior. In addition, all electronic devices (cell phones, I-pods, MP3 players) will need to be kept out of sight (in a backpack) and the coaching staff is not responsible for any lost or stolen items.

If you have any questions please contact one of the coaches.

Coach Hulderman
Boys Coach
huldera@gibdist.net

Coach DeAngelo
Girls Coach
deanges@gibdist.net

Coach _____
Field Events Coach