



Lanier Track and Field Meeting Info 2020 Season

1. **Grades-** No Grades/No Play. GHSA Policy states that students must be academically eligible in order to participate in sports. You must maintain a 2.0 average to participate in LHS Track and Field. In addition, student athletes should be passing all classes with at least a 75 in order to participate.

2. **Off Season Workouts-**An **opportunity** to get your mind and body in shape for the rigorous season. Workouts are **optional** and voluntary. **Player MUST HAVE AN UPDATED PHYSICAL ON FILE TO BE AT WORKOUTS.**

PRESEASON-WORKOUTS ARE MONDAY, Tuesday and THURSDAY'S AFTER SCHOOL (2:30-3:45). MEET IN COMMONS AREA. State Date 11/11/19

3. **Official Practice-** Practice will begin on **Monday, January 13 after school (2:45pm)**. Practice is Monday, Tuesday, Wednesday, Thursday and Friday. Practice is mandatory and recorded daily. "I did not know" or "I did not hear" is not an excuse to miss practice or meetings. It is not the responsibility of your parents, teachers, or friends to inform your coaches if you plan to miss practice. It is the responsibility of the athlete to speak with their coach.

LANIER TRACK AND FIELD PRACTICE INFORMATION

1. **PRACTICES ARE CLOSED. PLAYERS AND COACHES ONLY.**

2. ATHLETES PARTICIPATING IN A WINTER SPORT WILL BE GIVEN THE SAME OPPORTUNITY TO PARTICIPATE AND PERFORM WHEN THEY ARE RELEASED FROM THEIR PARTICULAR SPORT.

3. PRACTICE GENERALLY RUN FROM 2:45PM UNTIL 4:30PM (WEATHER PERMITTING). AS THE SEASON GOES ON AND PRACTICES AND MEETS COME INTO PLAY, PRACTICE TIMES WILL SHORTEN. PRACTICE TIMES CAN VARY BY ATHLETE (EXAMPLE: THOSE PARTICIPATING IN RELAYS MAY NEED TO STAY LATER THAN OTHERS.) THOSE TIMES WILL BE COMMUNICATED TO THE PLAYERS AND PARENTS VIA EMAIL/ TWITTER/REMIND 101.

4. Follow us on IG at **lanierlonghornstf** and twitter **@TrackHs**

On line at **Laniertrackandfield.com**

Sign up for remind 101 for information regarding cancelled workouts/practices/game changes etc.

Enter 81010 Code for Text @6eagf7

Track and Field Parent reminder 101 - Enter 81010 Code for Text @2gdb4h

