

# Robinson Rams

## Girls Track 2024

Track and Field season is finally here! We are looking forward to a wonderful season. Track is mostly an individual sport. If you want to do well, you must work hard! The more miles YOU put in, the faster YOU will run. Track takes dedication and hard work to be successful. Cuts will be made, so start training NOW (5-6 days a week for 30-45 minutes).

To be eligible to tryout, you need the following:

- KSHSAA Physical/Concussion Form completed after May 1<sup>st</sup>, 2023 (Doctor, Parent and Student signature) found on the website: Rank One [Physical Form \(www.rankonesport.com\)](http://www.rankonesport.com)
- C or better in current classes
- Exhibit positive behaviors during school and practice times
- Not have any F's in any class (unless you have talked with w/coach and have a plan to improve grade)
- Information Sheet turned into Coach Howk by **THURSDAY, March 7, 2024.**

**All Girl Tryouts** will be **Monday, March 18<sup>th</sup>** and **Thursday, March 21<sup>st</sup>**, from **3:20 to 4:50pm** (subject to change due to weather or district guidelines). All running only participants need to be picked up by 5:15pm. Tryouts are closed to all spectators. Hurdle **ONLY** tryouts will be **Wednesday, March 20<sup>th</sup>** **3:20 to 4:50pm**. Those who are interested in hurdles are the only ones who need to come on that Wednesday. You must try out for the team on Monday and Thursday to be considered for hurdles.

Being part of the team means dedication, determination, and commitment! Runners need to bring to practice workout clothes (shorts, shirt, sweats, good pair of running shoes and if cold, hat and gloves) and a water bottle. Be prepared to run outside every day.

Athletes who are interested in trying out for a specific field event will need to attend the scheduled tryout in addition to the regular after-school try-outs.

- Shot Put tryouts will be **Monday, March 18<sup>th</sup>**, 4:50-5:20 PM
- High Jump tryouts will be **Thursday, March 21<sup>st</sup>**, 4:50-5:20 PM
- Hurdle ONLY (no regular tryouts) will be **Wednesday, March 20<sup>th</sup>**, **3:20-4:50 PM**

We look forward to a successful and fun track season. Please sign the permission slip below if your son may try-out for the team. We look forward to another great season.

Coach Edie Howk

[ehowk@usd259.net](mailto:ehowk@usd259.net)

Coach Jeremiah Kratz

[jkratz@usd259.net](mailto:jkratz@usd259.net)

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**Return to Coach by Thursday, March 7, 2024**

I give my permission for \_\_\_\_\_ in the \_\_\_\_\_ grade to try out for the track team. KSHSAA physical is on file on RANKONE app. I understand that she will need to be picked up promptly after practice.

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Parent or Guardian Signature

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Date