

SEASON 2025 BEGINS:

Yes. All track freshmen must purchase the uniform.

No. During the first semester you can request a try-out through the PE coaches and they will be able to make recommendations for anyone interested in trying out for track.

Yes. This is for athletes who have done track previously at any level.

Athletes will work on building discipline, character, team cohesion and accountability. They will do off-track training, speed work, strength training, stamina training, mobility and coordination exercises.

Athletes will practice outside of the regular school day only on those days that they do NOT have the athletic period. Track meets are once a week and all athletes are expected to attend each week.

During the fall (before track season), athletes will only attend track during their scheduled athletic period (4th or 8th). During the spring, athletes will attend scheduled practices as previously mentioned.

Students will need have their schedule changed to PE. This will ensure that students earn the one year credit of PE they need to graduate.

We do ask that all athletes have proper running shoes (not converse or other non-supportive shoes). Also, all females must wear a sports bra.