

Assumption High School Track & Field Try-outs

In order to participate in the Track & Field team tryout, each athlete must have a current physical on file with the Athletic Department. ***If you do not have a current physical when tryouts begin, then you cannot try out for the Track team.*** We do not have “late tryouts” for girls who don’t have their physical done on time.

Basic conditioning dates (Jan 6-7)

We will meet on January 6 (Mon) and January 7 (Tues) in C101 at 3:10pm for some light conditioning. This is optional, but if you hope to participate in a running event, then we strongly recommend that you attend.

Tryout event groups: every girl attending our tryout will be asked about the event area she is interested in joining (event areas are listed below). Girls can choose more than one event area, or “no preference”. We do not necessarily accept everyone into their “preferred” event area, so it’s good to have several areas where you’re willing to compete.

- Sprints (includes hurdlers, short & long sprinters)
- Distance (includes middle distance and long distance runners)
- Jumps (includes Long Jump, Triple Jump, High Jump and Pole Vault)
- Throws (includes Shot Put and Discus)

Tryout dates (Jan 8-10)

Unless we make explicit arrangements with someone or she misses school (e.g. retreat or sick), each girl **must** attend all 3 tryout days, and come prepared to practice each day.

January 8 (Wed): on the first day of tryouts we will meet in C101 at 3:10pm.

- Unless you are a Winter sport athlete or absent from school on January 8, if you miss our January 8 tryout date and say nothing, then you cannot try out.
- When you arrive at our tryout, you must have a current physical on file. If you do not have a current physical on file, then you cannot try out.
- When Wednesday’s tryout begins, we will provide a tryout schedule for Thursday and Friday (i.e. location/time for each of the next 2 days of tryouts)

January 9 (Thurs):

- We will meet after school at either Assumption or the Green. Jumpers (only) could be meeting at the Green at 6pm. We’ll confirm this at Wednesday’s (Jan 8) practice.

January 10 (Fri):

- We will meet after school at either Assumption or the Green. Jumpers (only) could be meeting at the Green at 6pm. We’ll confirm this at Wednesday’s (Jan 8) practice.

Winter sport athletes: *if you are interested in trying out for the Assumption Track Team, then you are not required to attend a tryout or practice while you are still active with your Winter sport team. We do require you to contact us no later than the first week of March or within 1 week of your sport ending in order to discuss your transition into Track & Field.*

Some Basic Info on the Track Team

What we're looking for: in making decisions about who we'll accept onto the Track Team, we are looking for girls who fit well in each of these areas.

- (1) **Willing to fit in wherever you are needed.** We are looking for girls who are willing to compete in any event where they are needed. We always hope to place girls in events where they excel, but we may need to ask a few girls to try something new from time to time (e.g. in order to help the team). Unless you're exceptional in an event and physically unable to do other events, being unwilling to do anything but just one event is a signal that you may not be a good fit for our team.
- (2) **Good attitude.** This is self-explanatory, but we want girls who are a pleasure to have on the team, not a burden.
- (3) **Able to attend practice.** If you have conflicts which would prevent you from attending practice, then you are probably not a good fit for the Track Team. This is something we would be happy to discuss with any girl in advance.
- (4) **Able to juggle practice and school.** If you get after-school tutoring on a regular basis, tutoring you'd have to miss in order to attend after-school practice, then you may not be able to participate in track, because we would not want to risk your academic status. Similarly, if your academic history suggests that you could struggle with juggling academics and athletics, then you might not be able to participate with us.
- (5) **Performance.** We are certainly looking for girls who can perform, but most importantly, girls who are willing to work hard and improve.

Practice: practice days and practice locations vary by event group, but each group typically practices 3-5 days per week during the Winter and 4-5 days per week during the Spring. Most event groups practice after school. The jumper group does meet twice per week for practice, usually at 6pm on Tuesdays and Thursdays. Girls in the jumper group also do also meet after school on a couple other days per week.

Middle School meet: we do a middle school meet on March 20-21 as a big team fundraiser, and we will ask everyone to help put on this event.

Winter Track meets: we do not require girls to compete during the Indoor Track Meet season (Jan to mid-March). We can obviously provide those opportunities, but we do not require anyone to compete.

Spring Track meets: everyone competes during the Outdoor Track meet season (begins in mid-March, ends in mid-May for girls who do not compete in the Regional and State Championship meets). We try to work with everyone when it comes to which meets a girl will compete in, and in making sure that each girl faces a level of competition that's appropriate for her.