

Assumption High School Track & Field Winter 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.***

Tryout dates (Jan 10-11)

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

January 10 (Wed): we will meet at Highland Hall after school, and start at 3:30pm.

- We will be providing information about the team, and ultimately taking everyone through a warmup routine and whatever else we have time to do.

January 11 (Thurs): we will meet at the Green after school, and start at 3:30pm.

- As of now, the plan is to have girls run a 100m time trial and a 200m time trial to assess fitness, effort, attitude, etc.

Basic expectations:

- (1) Each girl on the team is expected to regularly participate in practices with her event group. If you struggle with satisfying the attendance rules of your event group, then we will meet to discuss your future plans on our team. If you are unsure about whether your schedule will conflict, then please check with us.
- (2) We require every girl on the team to participate with an appropriate attitude. At Assumption, that's not a very difficult requirement to fulfill, because nearly every girl has the kind of attitude we are looking for and we start out by assuming you'll be the rule, not the exception.
- (3) We do not require girls to compete in track meets during the Indoor Track season. If we believe you are good enough to compete, then we will certainly encourage you to do so – but again, won't require it.
- (4) Every girl on the team is required to compete in track meets during the Outdoor Track season. We have meets on weekdays that typically allow us to enter every girl on the team, and we have meets on Saturdays, where entries are more limited and only the better girls would most likely be selected to compete.
 - I.e. Varsity level girls may compete in both weekday and Saturday meets, but JV level girls are more likely to compete in weekday meets.
 - All of that said, please do not assume you will compete in certain meets and make plans that could conflict with your attending those meets. Please be proactive and ask us about whether you'll compete in a specific meet before making plans.

If you have any questions regarding the tryout process or are team that are not answered in this (brief) handout, then feel free to email Coach Haworth at bmhaworth@louisville.edu