



**BE A PART OF THE
TRACK AND FIELD TEAM!**

Requirements to join:

- *Must meet LJPS and County academic requirements.
- *Current Physical on file
- *Parent Permission form
- *\$60.00 Participation fee
- *\$20.00 Snack fee (for Snacks and Drinks at all meets and the end of season party).

Recommended requirements:

- *Great attitude
- * 100% Effort

Track and Field consist of many events split into two categories – Track and Field.

Field Events

Discus*

Usually big, strong, quick, very little running

Shot*

Usually big, tall, strong, quick, very little running

Long Jump*

Triple Jump

Athletic, quick, strong legs

Pole Vault

Athletic, Gymnast, not afraid to be upside down, little running

High Jump

Powerful legs, limber, little running

The **Track Events** are split into Distance, Middle Distance and Sprinting events.

Sprinting Events

100 Meters*

200 meters*

Fast for short distance, strong

4x100 Relay*

4 people hand-off batons each running 100 meters

Sprint Medley*

4 runners hand-off batons. 100m to 100m to 200m to 400m

100 Meter Hurdles

Quick, fast, tall, jumps 10 hurdles 30 inches high while running 100 meters

200 Meter Hurdles

Quick, fast, tall, jumps 5 hurdles 30 inches tall while running 200 meters

400 Meters* (1 lap)

One lap race

4x400 Relay*

4 runners hand-off batons, running one lap each

Middle Distance Events

800 Meters* (2 laps)

4x800 Relay

4 runners hand-off batons, running two laps each

Distance Events

1500 Meters

1600 Meters*

3000 Meters

Distance runners will be running 15 to 25 miles a week.

Our season is split into two primary focuses. First focus is the County Schedule which ends with the County Championships. Only the events with an *asterisk* are run during this portion of the season.

The second focus is the Regional and State Championships where all the events listed are run. Our game plan is to train our athletes in all the events throughout the season with the ultimate goal of fielding a full team at the Regional meet and qualify in as many events as possible to compete as a team at the State Championships! (Beginning of May)

TRYOUTS:

Held directly after school

Both Boys & Girls: Feb. 14, 15, 16

**AT A GLANCE ~ Season Meet
Schedule:**

Practices

Normally held at Fort Walton Beach High School Track on Wright Ave, FWB 3:15 - 4:45pm, Monday thru Friday.

Practices are open and parents are encouraged to come and watch or lend a hand. We would love for anyone who has experience in any of the various track and field events to come help!

During training, proper hydration is extremely important. We will provide water for them during practice and at meets.

Parents, we need you to make sure your athlete is drinking lots of water (no soft drinks) **at home and at school.** *It is vital they eat well and drink more than usual BEFORE they come to train.*

If the temperatures go below 60 degrees, athletes should wear layers (short and/or long sleeved t-shirt(s), shorts underneath sweatpants, sweatshirt, gloves and ski cap to practice.

When temperatures get warmer, students must wear appropriate warm-weather running gear. Again, layering is always the best option.

3/14 Home @ FWB HS 4:00
3/28 @ Etheredge 4:00
4/4 @ FWB HS 4:00
4/11 @ Crestview HS 4:00
4/18 Home @ FWB HS 4:00
4/21 **Regional MEET @ (ECMS)**
4/23 Prelims County Meet Etheredge 4:00
4/25 Finals County Meet Etheredge 4:00
5/12 **State Championship Meet
Bradenton, FL**

Athletes will be transported by school bus to all meets (except State). Bus will return them to LJPS School on out of town meets such as Destin, Niceville and Crestview. Parents are responsible for pick up at all other in town meets.

Uniforms will be issued prior to the first meet only if the participation fee has been paid.

We are always in need of Team Parent(s) to assist us at practice, with snacks, fundraisers, party-planning, etc. If you are available to help us with ANY or all of these needs, please contact one of the head coaches for further information.

Coaching Staff / Contact info

Josh Lobzun ~ Head Coach/

Long Jump, Discuss and Shot

Chris Shonk – Distance Coach

Tammy Roughneen – Assistant Coach

