**Seminole Hawks Track and Field**

**Try-Out Information (January 23rd 2023)**

Before a student can try out for any sport, they must fulfill **ALL** requirements before they are allowed to participate.

**There are 3 forms that must be completed and turned in before trying out:**

1. **Middle School Activities Participation form** (attached): Must be filled out by parents/guardian(s) and signed by **BOTH** parent/guardian(s) and student.
2. **Pre-Participation Physical Form** (attached)
   1. You may use this form or one from your doctor’s office.
   2. Either form you use, the guardian(s) must fill out the medical history side AND sign it.
   3. Please make sure your doctor fills out the examination side and they sign AND date it.
3. **Student Accident Insurance**: All students are required to purchase middle accident school insurance. It can be found online at the Pinellas County School Board Web Site. [www.pcsb.org/Studentinsurance](http://www.pcsb.org/Studentinsurance) Scroll to the bottom of the page, click HERE to enroll. Info attached to the packet.
   1. When you complete this process, you will need to **print a confirmation page** to be turned in with other forms.

**IMPORTANT**- All paperwork must be turned in to the coaches by **FRIDAY JANUARY 20TH.** A Student **WILL NOT** be allowed to tryout if all 3 forms are not completed and turned in, **NO EXCEPTIONS**.

**-Students must have or maintain AT LEAST a 2.0 grade point average to be on the team.**

***-If you were already cleared to try out for Volleyball, Basketball or Cheerleading this current school year, YOU DO NOT HAVE TO FILL OUT THESE FORMS AGAIN. BUT, CHECK WITH COACH LANCE TO MAKE SURE NOTHING HAS CHANGED!***

Thank you,

Coach Lance

[lanced@pcsb.org](mailto:lanced@pcsb.org)

***Upcoming Schedule***

*\*Tryouts/practices will start at 4:30pm and end at 5:30pm. Students must change clothes at SMS and use the crosswalk when going to Seminole High School. Students must be picked up at Seminole High School parking lot by 5:30pm.*

*\*Tryouts are divided up into 2 days (sprinters and distance). Students can choose which one they think they are good at or they can do both days.*

***Monday, January 23rd*** *- Try Out Day #1 -Short Distance Only (100m) @Seminole High School, 4:30pm- 5:30pm (pick up by HS track)*

***Tuesday, January 24th*** *- Try Out Day #2 - Long Distance and Throwers Only (1600m & Shot Put) @Seminole High School, 4:30pm-5:30pm (pick up by HS track)*

***Wednesday, January 25th -*** *Make-up Day for anyone who was absent from school on Day 1 or Day 2 or bad weather.*

***Friday, January 27th*** *– Final Roster posted on Gym Doors*

***Monday, January 30th -*** *1st Track practice for the team at 4:30pm Seminole High Track and more info about practices and meets will be handed out to the team. Practice this week will Monday – Thursday, 4:30pm – 5:30pm*