

Mt. Carmel Track and Field 2018

Information to Know to Start the Season

Sign up for the team so you can get information the coaches want to get to you, through email. Go to the website www.biggytf.com and click on the Track & Field link. You will see some headings on the right hand side of the page in bold. One is athlete sign up, you need to do that to come out for track. Below that is to sign up for Remind, both you and your parents can sign up for that. The Remind class you are signing up for is Track and Field.

You will not have a uniform checked out to you until that information is entered into our team roster. Actually, you are not on the team as we cannot clear you to practice.

Mt. Carmel Track Club workouts are every Monday, Wednesday, and Thursday between 3 to 4:30 in the stadium till the season starts. If you are not in a winter sport you should be at those workouts.

Getting Athletic Clearance to Tryout/Practice/Participate – Athletes need to have a current Athletic Physical Physical/Insurance aka “Ticket to Play” on file with the Athletic Office. If you have not already been in a sport this year at Mt. Carmel the form can be found at <http://www.powayusd.com/pusdmchs/athletics/>. This packet must be turned into the athletic department at MC and not the coach.

Practice starts on Monday February 21th at 3 PM in the stadium.

That week is Monday thru Friday from 3 to 5:30. Saturday morning we will have a intersquad meet from 9am to noon. Athletes need to have their ticket to play cleared with the athletic department to be able to practice.

Missing the beginning of practices starting on February 21th will mean that you will miss participating in some of the early meets in March. Additionally, athletes not there the first week of the season will not be eligible for a PE Waiver using the track season.

Athletes in other sports – you should email me to let me know you are in another sport that is in the playoffs. You still need to sign up for the team on the website.

Set aside the day of March 24th for our Track Invitational. Set aside a half day on March 3th for our Field and Distance Invite. This is a requirement if you plan on being on the team.

Check out the website: www.biggytf.com on a weekly schedule. A link to the schedule of meets for the season is also on this website.

Practice Times – We practice daily (Monday thru Friday) from 3:00 to 5:15. Saturday Invites are usually Varsity athletes and top level JV's. There is a expectation when you join this team that you are at daily practices and the meets. If this is something you cannot see yourself doing please do not come out. We do not allow athletes to miss team workouts to practice with club teams in other sports. **There will be a season calendar posted on the website by February 1**

Saturday March 31 will be an Invitational geared toward lower level (JV and Frosh athletes)

Spring Break Workouts – April 9-14 is MC Spring. We will have workouts April 11,12,13 between 9 am to 11 am. Saturday April 14 many varsity athletes will be in the Jaguar Invite.

Make sure your parents sign up for Remind and watch the website for info on Parent Night. **Tentative Parent Nite – The will be a parent meeting on either February 22rd or 23th in the MC Theater. The date will be confirmed shortly**

Athletes – If you decide to get short tights to wear under your shorts, they can be Red or White only – **We recommend Red**

If you have any questions please feel free to email me at **mtcarmeltrack@yahoo.com**.