

Track and Field Tryout Information

1. The following required paperwork must be completed BEFORE TRYOUTS (Jan. 10) and is due before you can try out for the team:
 - a. An **ATHLETIC PHYSICAL** completed and **on file** with the athletics office.
 - b. TOHS Code of Conduct - signed by student and parent and **on file** with the athletics office. (This is part of the athletics packet)
 - c. **Student Information Sheet** completed – return to Coach Keena or Coach Sawitz in Room A-8.
2. Tryouts are MWF, January 9, 11, 13 & 16 (rain makeup day) at 3:00 after 7th period
 - a. Be at the stadium at 3 pm to check in with the coaches.
 - b. Be prepared to workout. You need running shoes, shorts, t-shirt, water, and sweatshirt/pants for afterwards.
 - c. There will be a group warm-up each day, followed by tryouts in 2 different events.
 - d. You can expect to be at tryouts until 4:30-5:00 each day.
 - e. Following is a list of the eight events that every athlete will complete during the tryout period. We will spend some time during the first few days allowing athletes to learn how to complete the vents, so that they have the opportunity to do their best when it counts.
 1. Flying 40 meter sprint (speed potential)
 2. Standing start 40 meter sprint (acceleration potential)
 3. Vertical jump (vertical jumping ability)
 4. Standing broad jump (horizontal jumping ability)
 5. Pull-ups (upper body strength)
 6. Sit-ups (core strength, potential for pole vault)
 7. 1600 meter run (endurance potential)
 8. Timed circuit, 4 or 5 stations (quickness, agility, flexibility & attention to directions)
3. Coaches will be meeting over the weekend to determine athletes who have made the team. Lists will be posted outside Room A-8 on Friday morning, January 21, 2011.
4. Our expectations for tryouts are that you are there on time and ready to do your best. In addition to grading you on your talent/abilities, we are also going to be looking closely at your work ethic and effort that you are putting into these four days.
 - a. If you are not currently enrolled in our off-season cross country or track class, it would be very beneficial for you to begin a conditioning program **NOW** in order to be better prepared for our tryouts.
 - b. For athletes currently enrolled in off-season cross country or track that have participated in TOHS track in previous years, you will not be required to try out. You must still fill out and turn in an information sheet in order to be officially registered for track.
 - c. For athletes currently enrolled in off-season cross country or track that have not participated in TOHS track in previous years, you will be required to try out. **YOU ARE NOT GUARANTEED A POSITION ON THE TEAM** just because you are enrolled in the off-season classes. You will try out during the regular tryout times as stated in #2 above.
5. Every event coach has an idea of how many athletes they will consider for their group. The number is not the same for each group due to many factors. You will have the opportunity to request your choice of groups to be considered for, but you may not make the “cut” for that group. Please list your second choice and third choices on your information sheet if you wish to be considered for other groups within our track and field team.
 - a. Event groups that you may try out for include:
 1. Sprints (100m, 200m, 400m, relays)
 2. Jumps (long & triple jump, high jump)
 3. Throws (shot put & discus)
 4. Pole Vault
 5. Hurdles (110m & 300m)
 6. Distance (400m, 800m, 1600m, 3200m)

6. For those of you involved in a winter sport, your tryout period will be later in February, once you are done with your season. Please check with Coach Keena during the last week of your winter sport to find out what to do when you are done. **We must have your student information sheet before winter break!**

We are very excited that you are interested in trying out for the TOHS track and field team. We have a long standing tradition of excellence within the Marmonte League. **Last season our boys and girls varsity teams went undefeated in League competition!** There are three divisions on the boys' team: varsity, frosh-soph, and junior varsity. For girls there are two divisions: varsity and junior varsity. We wish you the best of luck in your tryouts. If you have any questions, please don't hesitate to stop by and see Coach Sawitz in room A-8 or Coach Keena at the track or coachkeena.tohs@gmail.com.

Thank you for your interest in TO Track & Field!

Coach Keena Carstensen

Track & Field website www.runnerspace.com/to