

## RJH Track and Field 2024

**Registration:** Registration and IHSAA physical form pgs. 3 and 5 upload. On our athletic website. <https://home.eventlink.com/>

This registration includes having a current sports physical on file as part of the registration. Athletes **may not** participate without registering and having the sports physical on file.

Questions about the registration: contact our athletic director Mr. Mozingo at [mmozingo@hse.k12.in.us](mailto:mmozingo@hse.k12.in.us)

**Communication:** We will be using ParentSquare for communication this season.

### Practice Logistics:

\*Practice for the full team will begin on Wednesday March 13<sup>th</sup>.

\***Required** practices after Spring Break will take place five days a week, Monday- Friday and end promptly at 5:45 p.m. (Friday practices may be for only certain practice groups and not the full team.)

\* **Athletes must be picked up on time at 5:45.** Pick-up will be in the back parking lot, outside of door 12.

\*On practice days, athletes should go directly to the locker rooms after school to change and then report to the bleachers outside door 12 for our pre-practice meeting.

**Parent Meeting:** We will have a parent meeting on Thursday, March 21<sup>st</sup> at 5:45 p.m. in the RJH LGI room.

**Meet Schedule:** The track meet schedule can be found on the RJH website athletics page:

[https://websites.eventlink.com/s/rjh/Team/74f66968-ce1f-4fa4-ae26-084c39c5a603/Track%20\(Coed%20Varsity\)](https://websites.eventlink.com/s/rjh/Team/74f66968-ce1f-4fa4-ae26-084c39c5a603/Track%20(Coed%20Varsity))

### Coaching Staff:

- |   |  |
|---|--|
| *Coach Beeghly: Sprints & Hurdles Coach | <a href="mailto:jbeeghly@hse.k12.in.us">jbeeghly@hse.k12.in.us</a> |
| *Coach Cooke: 400m & High Jump Coach    | <a href="mailto:gcooke@hse.k12.in.us">gcooke@hse.k12.in.us</a>     |
| *Coach Brown: 800m & Long Jump Coach    | <a href="mailto:sbrown@hse.k12.in.us">sbrown@hse.k12.in.us</a>     |
| *Cooke Mozingo: Distance Coach          | <a href="mailto:amozingo@hse.k12.in.us">amozingo@hse.k12.in.us</a> |
| *Coach Puff: Throws Coach.              |  |

### Practice Dates Before Spring Break:

- Wednesday March 13<sup>th</sup> 4-5:45pm
- Thursday March 14<sup>th</sup> 4-5:45pm
- Monday March 18<sup>th</sup> 4-5:45pm
- Tuesday March 19<sup>th</sup> 4-5:45pm
- Wednesday March 20<sup>th</sup> 4-5:45pm
- Thursday March 21<sup>st</sup> 4-5:45pm
- Monday March 25<sup>th</sup> 4-5:45pm
- Tuesday March 26<sup>th</sup> 4-5:45pm
- Wednesday March 27<sup>th</sup> 4-5:45pm

## FAQ for RJH Track

### **May I participate without a physical on file even if my Dr. appointment is scheduled soon?**

No, you must have a physical on file to participate!

### **May I participate in another sport while track is going on?**

Yes- but you will need to make a commitment to the track team to be at meets and most practices.

### **May I participate in any events I want to for the meets?**

No- position coaches will determine what events you will compete.

### **I have never run track before.... Will that count against me?**

No – we do not care whether you have ever run track.

### **Are there any costs to running track?**

Yes- fees will be assessed by Mr. Mazingo -will ask each athlete to pay an equipment/uniform fee- shorts & jersey you keep - sweat pants and tops may be ordered as well.

### **Should I have special shoes for track?**

Yes- sprinters-hurdlers-LJ- HJ should have spikes. However – they are not required

### **At home and away meets – do I have to stay for the whole time?**

Although we would like for athletes to support their team to the final event, participants may leave once their events are over if they have transportation available. At AWAY meets – it is absolutely required that your parent/guardian check out with your position coach (email needs to be sent to coaches prior before 4pm the day of the meet).

### **What if I don't like it after the first few days- may I quit?**

Yes- we don't want athletes who do not like track to stay with it if they don't like it.

### **I don't have reliable transportation all the time – what do I do?**

Talk to one of the coaches – you **must** have rides home but if parents work or have limited times to pick you up, we can help you find others who might be able to carpool with. You must talk to the coaches about this AHEAD of time, though. You must have a ride already arranged BEFORE attending practice.

### **What if I fail some classes in the 3<sup>rd</sup> nine weeks?**

Every student-athlete will need to be academically eligible (No more than 1 F on your 3<sup>rd</sup> 9 weeks report card) to be a member of the track team. See Mr. Mazingo at lunch if you have concerns about whether you will be eligible or not.

### **May I change events during the season?**

Yes- you and your coaches will help you decide on what events to do.