

2024 Carter Track Tryout Information

General Info:

- Every student athlete that wants to try out for track must have an updated Knox County Physical that is dated after **April 15, 2023** in order to try out. NO EXCEPTIONS. Please bring form to tryouts. No physical = no tryouts. Physical forms are available on the Knox Schools website under athletics (if you have cheered/played basketball for CMS then your physical is already on file).
- There is a \$50 team fee. (Only if you make the team)
- There is also a \$60 insurance fee. This for anyone that did not cheer or play basketball for the school (basketball/cheer has already paid). (Only if you make the team)
- Every student athlete that makes the track team has to have a minimum of a 2.0 GPA (C average) from semester 1 and must maintain a 2.0 throughout the season.
- Student athletes on the track team must exhibit positive behavior in the classroom and at practice/meets. If problematic behavior occurs in the classroom or at practice/meets, there will be consequences. Repeat behavior issues can result in dismissal from the track team.

Practice/Meet Info:

- Student athletes must be able to stay 3-5 days a week after school for practice and have a ride home from practice. Practices end at 5:00 unless otherwise stated.
- There will NOT be a bus for meets (most start at 5:00) so parents will be responsible for transportation to and from track meets.
- There will be 4-5 regular season track meets (typically on Tues. or Thurs.) and then the county championship meet for everyone. Meets will start after Spring Break and the County Championship Meet is the first week in May. There may be a few extra meets for those that qualify (ex: Elite Meet, Sectionals/State).
- Athletes can participate in up to 3 events at track meets.

*** Tryout Info:

- Be thinking about what events you would like to try out for. This will help tryouts go smoothly. IF YOU ARE TRYING OUT FOR MULTIPLE EVENTS, BE SURE YOU KNOW WHICH DAYS TO ATTEND. DEPENDING ON EVENT CHOICES YOU MAY HAVE TO COME ALL 3 DAYS.
- Tryouts are after school until 5:00 (unless otherwise stated) and students will need to be picked up at the track (behind the high school).
- We will have 3 separate tryout days :
 - **Feb.5th (Monday)** - Tryout day for 100m, 200m, 400m (sprints and relays *we will not run relays at tryouts, but I will use times to figure out possible relay teams)
 - **Feb. 7th (Wednesday)** - Tryout day for 2 mile, shot put and discus **done at **4:30**
 - **Feb. 8th (Thursday)** - Tryout day for Mile, 800m and long jump
- ** Dress appropriately (it may be cool/cold) and wear shoes you can run in (no crocs/sandals/toms etc..)
 - Students will report to the middle school gym lobby when “all remaining bus riders” are called. DO NOT WALK TO HIGH SCHOOL without the coach, we will go together.
 - If tryouts are canceled/rescheduled due to weather, there will be an announcement made during school. Have a plan in place to get home in the event that tryouts are canceled.
- The track team will be posted by 8:00pm on Feb. 8th on the gym lobby doors. Practice will start on Tuesday, Feb 13th (5:00 pick up at track) for those that make the team.
- If you have any questions feel free to email the track coach:

Coach Trull - amyetrull@yahoo.com