

I would like to thank you for your interest in the Hillcrest Track program. Over the last few years we have elevated the expectations and fully intend to build on our successes of individual state champions for both boys and girls and a team championship for our girls. All boys and girls sixth grade and above are able to compete.

Practices will start seventh period for those able and immediately after school for those with a class. Practices will generally end by 4:30 and students that are not able to be picked up at that time can stay in the lower school after hours care.

***The cost for this season will be \$125. This fee will cover transportation, entry fees and a T-shirt for the season. Returning athletes are NOT required to buy a new uniform if they have a uniform from the last two seasons in good working condition. New athletes that are in running events MUST purchase a uniform from the online store. Throwing athletes only do not have to purchase a running uniform. Pay this fee to Coach Talley before or by **March 5, 2018**.

Frequently asked questions:

When are track meets? Our practice meet is March 7 (JA) and they are generally on Wednesdays until playoff time. As of now dates are 3/21 (JA), 3/30 (Ole Miss, varsity girls only), 4/4 (JA), 4/11 (MRA), 4/18? (District, TBA), 4/25 & 4/28 Silliman LA, 5/4(JA), 5/5 (Prep). We will have Saturday meets on 4/28 and 5/5 for those varsity athletes that make it out of district (top 4).

How long are meets? Meets typically start with field events around 8:30am and end around 7pm. When an athlete is finished with his/her events, they are allowed to leave with a parent. School transportation will not leave until the end of the day. Students will need money for food or bring enough food for the day.

How do we communicate? We will use the GroupMe app under the group Hillcrest Track. On track meet days we will do event updates on Twitter @coachchadtalley. We will also use the school Notify system for announcements.

What is the focus of track? This year our running and jumping focus will be on improving speed and starts. Our throwing focus will be on technique.

What will my child do? We have a good idea of where returning athletes will compete. For new athletes we will try to find the best fit for them and for the team. Athletes may be asked to do an event that they may not expect and we ask they have a good attitude about it. Even though track is largely individual competition, the team is graded by points. We can only put two athletes per individual event come district and beyond. There will be up to six people listed on relays even though only four compete. Due to injuries and sickness, all six need to be ready every competition.

Will I know what time my child competes? On Mondays before the meet, I will put up a proposed list on who is competing when. This will be on the school website. Track meets are fluid depending on weather and we are introducing new events this year but you will have a window of expected times.

Will we keep up with individual results? We attend meets that are electronically timed and the results will be on ms.milesplit.com. This is linked to a national website and is useful to compare to other athletes.

If you are not able to purchase items in time please contact Coach Talley at ctalley@hillcrestchristian.com as soon as possible or if there are any other questions.

Meet dates

March 7, Wed	practice meet	JA
March 21, Wed		JA
March 30, Fri	tentative, Var girls	Ole Miss
April 4, Wed		JA
April 11, Wed		MRA
Week of April 18	districts, Var and JV	TBD
April 25, Wed 28, Sat	south state	Silliman, Clinton LA
May 4, Fri, May 5 Sat	Overall field/run	JA field/Prep run