



Goose Creek High Track & Field Pre-Season Conditioning “What You Need to Know!”

↪ **Student – Athlete Physical Forms**

All student-athletes must have a **completed physical** provided to Goose Creek High School. This form must be complete before participation will be permitted. If the student-athlete has already turned in a physical form for another sport, he/she must be sure to have Goose Creek High School's athletic trainer add the word "track" as a participating sport.

- **Physical Forms:** Physical forms are in the main office (*front office*) of Goose Creek High School. They are also available at <https://goosecreekathletics.com/physical-form-2/>

↪ **Equipment:**

Proper attire per weather conditions:

Shorts and/or Sweats

T-shirts and/or Sweaters

Footwear:

Socks

Closed toe sneakers (**Preferably running sneakers**)

*Track spikes ARE NOT needed for Pre-Season Conditioning

↪ **Weather:**

If bad weather occurs we will still meet in one of the weight rooms unless you are notified otherwise.

↪ **Hydration:**

Water will be provided, but we highly recommend bringing your own as well.

↳ **Pre-Season Conditioning Schedule:**

Monday – Thursday 4:15-5:15 PM Nov 26 – Dec 20 / Jan 7 – Jan 27

- Coach Johns, Coach Duffy, and Coach Morgan will run conditioning on Monday's and Tuesday's
- Coach Cohen, Coach Duffy, and Coach Morgan will run conditioning on Wednesday's and Thursday's

1st practice is January 28, 2019

↳ **Pre-Season Conditioning Participation:**

- If athletes are participating in winter sports (basketball/ wrestling), they have 1 week after their season ends to report to practice.
- If athletes are not participating in another sport, and do not show up consistently to practice by February 14th, you will no longer be a part of the team.

> All information and announcements will be posted to Google Classroom. Check Google Classroom several times daily. Also, if for any reason you will not be at practice, there will be a form on Google Classroom for you to fill out to notify the coaches.

Class: Goose Creek High Boys Track and Field 2019

Class code: v5ocvlp