

Dear Parent(s)

It is with great joy that I welcome your child to the Druid Hills High School track team! I am looking forward to another great season with your encouragement and support. This is my 14th year coaching the boys and girls track programs and I am very excited! I am investing time and tireless effort to develop both programs to an appreciable level. Therefore, I am soliciting your support at this critical stage to ensure the success of the program. I look forward to working with you and your athlete(s). Please download the app **TEAMSNAPE** to get updates and team information.

The following are some identified areas of need. I will appreciate you volunteering in any of these areas:

1. Team mom(s)
2. Publicist/Website manager (updates track and field results on DHHS athletics page)
3. Donations (food items, Sponsors)
4. Fundraising ideas

Thank you for your support and cooperation. I may be reached at 678-939-8740 should you have any questions. Thank you.

Henrietta George

Coach Henrietta George
Athletic Director
Girls & Boys Head Track Coach
Druid Hills High School

BOYS & GIRLS TRACK TEAM INFORMATION

Head Coach: H. George

Assistant Coach: A. Poole

Assistant Coach: D. Richards

Assistant Coach: C. Smith

Assistant Coach: P. Frederick

Everyone **must have a physical** before attending practices—**mandatory**.

The official season starts Tuesday, January 14, 2019. Practice is Mon-Fri from 3:30-6:00pm @ DHHS. I encourage you to **run cross country** and do pre-season conditioning to prepare yourself for January's workouts.

If it is raining or very cold outside, practice **will not** be cancelled!! We will meet inside in the gym or in the weight room to do an indoor workout that includes circuit training.

Circuit training includes weights, running stairs, push ups, jump rope, sit-ups, and various plyometric exercises. Weight room conditioning will include light weights with multiple repetitions for upper and lower body strength.

The first part of the track season (January- March) is devoted to conditioning and learning proper techniques. The second part of the season (March-May) is refining the techniques and competing in meets. The season culminates in the county and state track meets.

Track team **dues will cost \$300.00 and are due January 30, 2019.** We need fundraising ideas and we need to start soon!! The better the fundraisers, the cheaper the dues!

All track team members must attend ALL practices—you must make a commitment to the team and improvement!!

TRACK AND FIELD RULES AND REQUIREMENTS



1. YOU MUST **PASS 3 OUT OF 4 CLASSES**
2. YOU MUST HAVE A **PHYSICAL** BEFORE YOU CAN BEGIN PRACTICING WITH THE TEAM. Physicals must be uploaded to **www.dragonflymax.com**. The school code is M5NR6C. ALL ONLINE FORMS MUST BE COMPLETED.
3. IF YOU ARE A **JUNIOR OR SENIOR**, YOU MUST **REGISTER WITH NCAA CLEARINGHOUSE TO RECEIVE LETTERS, SCHOLARSHIP OFFERS, ETC.**
(*<http://www.eligibilitycenter.org>*)
4. **CONDITIONING STARTS TUESDAY, NOVEMBER 13, 2019 AND WILL BE HELD FROM 3:30-6:00pm on TUESDAYS AND THURSDAYS.**
5. **TRYOUTS ARE MONDAY, JANUARY 14TH – WEDNESDAY, JANUARY 16TH**
6. **OFFICIAL PRACTICE AFTER TRYOUTS WILL BE HELD EVERYDAY FROM 3:30-6:00pm.**
7. **YOU MUST BE ON THE TRACK NO LATER THAN 3:30pm.**
8. **IF IT IS RAINING OUTSIDE, PRACTICE WILL BE HELD IN THE WEIGHT ROOM, HALLWAY, OR GYM.**
9. **YOU MUST HAVE RUNNING SHOES (NO BASKETBALL AND CASUAL SHOES (EX: K-SWISS, AIR FORCE ONES, ETC.))**

Financial Breakdown of Track & Field Dues

1. Uniforms: \$150.00 includes

- Hooded windbreaker and pants w/embroidery
- T-shirt
- Bag w/embroidery

2. Banquet: \$100.00

- Pays for food at restaurant
- Trophies and awards

3. Meet Entries/Food: \$50.00

- Gatorade, water
- Fruits
- Sandwiches

TOTAL AMOUNT FOR DUES: \$300.00

*** If the full amount for dues cannot be paid right away, \$175.00 will cover the uniforms, food, and meet entry fees. If there are any questions or concerns, please do not hesitate to call me at 678-939-8740.

Thank you for your support and cooperation,

Coach Henrietta George
Athletic Director
Boys & Girls Head Track Coach
Druid Hills High School
678-939-8740
Henrietta_o_george@dekalbschoolsga.org

AUTOMATIC REMOVAL FROM TRACK TEAM IF THE FOLLOWING ACTIONS OCCUR:

- ▶ More than 3 **unexcused** absences from practice
- ▶ Unsatisfactory grades in classes
- ▶ Quitting a race/event at a track meet
- ▶ Failure to participate in an event specified by the coach(es)
- ▶ Disrespectful to team and coaches
- ▶ Failure to give 100% effort at practice/Skipping practice

I _____ have read and understand that I will be removed from the track team and **my money will not be refunded** if I violate the rules stated above.

Athlete Signature _____ Date _____

Parent Signature _____ Date _____