

**2020-2021
Winter Girls Track Program**

Please complete and return this sheet to Coach Jessop.

Athlete Name: _____

T-Shirt size:_____

Grade: _____

Birthdate: _____

Age: _____

I _____(athlete) agree to adhere to all rules and expectations during the 2020-2021 Winter Track Season. Failure to adhere to the posted rules and expectations may result in my removal from the team.

I _____(parent/guardian) understand the responsibilities of my child during the 2020-2021 Winter Track Season. If I have an issue with anything regarding the program, I will communicate with Coach Jessop (Girls' Head Coach).

Pre-season checklist:

1. I am cleared through the nurse office. All athletes need to complete online registration/paperwork for each season = **Closes = 11/19**
2. I have signed up for Remind = immediately (instructions on website)
3. I have completed this contract and turned it in through **Schoology:**
Join Code PVTC-KJ4V-JMG5J
Due = 11/30
4. I have visited and explored the team website, as well as saving the link on my iPad.
5. I am regularly checking the website/remind for any team updates/announcements.

Track Experience (If new to the team):

Non-Varsity Athletes:

Events Trying Out For: Circle One Category

Distance
(1600 / 3200)

Sprinting / Hurdles
(55/200/55 Hurdles)

Mid-Distance
(400 / 800)

Throwing
(Shot Put)

All Athletes = Expectations / Goals for 2020-2021 Winter Season and plan to achieve it:

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