Practices are a critical component of track & field success.  Practices are necessary for developing proper technique, fitness level, and teamwork.  Students who are habitually absent hurt not only their ability to succeed, but also damage their teams opportunities for success, and they make it difficult for coaches to adequately prepare them for competition.

We don’t cut in track & field and take everyone as long as you are willing to try and learn.

If you are out of town you can make up the miss practice day by getting in your training. Please fill out this form and have your parent(s) sign confirming your training for the day. You must work out for 30 minutes or more to count as a practice.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Location | Run/ workout | Minutes of run | Miles run |
| 1/1/2022  EXAMPLE | Chicago | Flat bike path on Lake Shore | 45 minutes + three 20 second strides | 5 miles plus six core exercises |
| 1/05/22  Example | New York | At grandma’s house - neighborhood | 35 minutes | Ran 1 mile, 4 x 50, circuit A, core 2 |
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Athlete’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Year in school: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

I confirm that my son/daughter ran \_\_\_\_\_ practices with each being 30 minutes or more.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent or Guardian’s signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent or Guardian’s printed name