

Windy Ridge

Girls & Boys TRACK Team Information 2024

ALL BOYS and Girls complete the google form link to receive emails throughout the 2023-2024 season: <https://forms.gle/LP7mZuzx465xFRRm8>

All Athletic programs will stress academic success, physical fitness, character development, discipline, and good sportsmanship. Our athletes represent our school and community and are expected to be student leaders with positive behavior. Students who have behavior or attendance problems, or violate other training rules as set by their coach, may lose their opportunity to participate.

Students must meet all OCPS scholastic, age and residence requirements.

MUST DO before you Tryout:

Complete google form link: <https://forms.gle/nxnD3vUxVEMC2e9p7>

Students must have all the proper OCPS sports forms turned in before they are allowed to attend track tryouts. Please do not attend if you do not have the forms. The OCPS sports physical forms are on the front page of the Windy Ridge ATHLETIC web site.

The following items are required in order to participate in MEETS and must be turned in no later than February 26th

- **Student /Parent Track Contract**- attached to this email or student can ask for one from Zimmermann
- **Sports Physical Exam.** Either the FHSAA Pre-participation Physical Evaluation Form or the OCPS Sports Screening Physical Examination Form must be used. ****Please Note: A "Sports Physical" is different than the general school physical****
- All Sports Physical Forms are located under athletics on the Windy Ridge Website****
- **Risk form (initials required, do not just check; signature and initials required at end).**
- **EMT card** (emergency treatment card)
- NOT the EKG: it is optional for Middle School but required for high school just FYI
- **2.0 cumulative GPA or above** on a 4.0 scale or a 2.0 GPA or above: must bring a printed progress report to tryouts.

****Note: Please be sure to read the forms carefully and make sure they are filled out completely and signed in all places. A student will not be allowed to tryout with incomplete paperwork! This is a county liability rule.**

The first day of track tryouts is scheduled for February 26th. Practices will be held each day after school for 1.5 hours. **HAVE your ride ready to pick up at 4:30PM.** We will also have MTR morning practices at COL. These are extremely valuable because we do not have a 400 meter track and the feel of pace and relay pass offs are very different than on our 220 meter track. The Final team will be selected by February 29th and the first meet is scheduled March 13th. ****SEE BELOW for the full schedule.**

Attendance policy:

Athletes must attend 5 practices (meets count as a practice) per week: 1- 2 morning practices and 3 or more afternoon practices. Athletes must attend ALL 4 regular season meets and Cluster Championship Meet. The Track Fest ALL County Championship Meets is for qualified athlete's only. ***On your third missed practice and/or your first missed meet you will be removed from the team.*** This policy keeps the integrity of our sport at the competitive level. Between the girls and boys teams we offer 4-5 afternoon practices a week and 3 morning practices a week so out of 8-9 practices you need to attend 5 practices(meets do count as a practice) /week.

Dress and Nutrition/Hydration

Students must be dressed to run track; lightweight t-shirt or singlet, running shorts (no cargo), running shoes (**no vans, basketball or other type shoes**). If you need help getting track apparel please let one of the coaches' know. Please bring your own water to drink during practice. It is best to drink water 2 hours before practice rather than during practice and then refuel after practice. This is the best way to enhance performance and prevent stomach cramps. We will have water sponges available during extra hot days to cool the body down as needed.

Qualifying Times

These are the times the athletes must achieve in all events to be on the track team. We will then pull out athletes for specific training groups; sprint, middle and long distances. Each Monday we will post the events the athlete will run in the meet for that week.

Event	Girls	Boys
100M	:25	:20
200M	:50	:45
400M	2:00	1:45
800M	4:45	4:30
1600M	10:30	9:30
Field Event: Shot Put	15 feet	20 feet
Field Event : Long Jump	10 feet	12 feet

Windy Ridge Practice Schedule:

PLEASE DO NOT CALL THE OFFICE TO ASK ABOUT PRACTICES.

Monday, Tuesday, Thursday and Friday practice from 3:15 – 4:30PM

Wednesday practice from 2:15 – 3:30PM (unless it is a long Wednesday)

Monday - Friday mornings are at Chain of Lakes from 7:10 - 8:10AM

If the student is not picked up at the end of a practice then we will send the student to ASP and then the parent will have to sign the student up for ASP during the track season. This is for the safety of your child and courtesy to the coaches' time.

Tryout and Practice Schedule:

NOTE: AM practices are MTF and PM practices are MTWRF

Required Tryout- Time Trials Dates: February 26th, 27th, 28th, and 29th.

NO mornings this week only PM practices

Practice Schedule: I WILL UP DATED IN JANUARY

SEE Detailed schedule below

Meet Schedule:

PLEASE DO NOT CALL THE OFFICE TO ASK ABOUT MEETS-sorry but it does happen

DATE	Location	Teams	Time
March 13	TBD	Southwest/Westridge	4:30-6:30PM
March 27	Gotha (Home)	Gotha	4:00-6:00PM
April 3	TBD	Memorial & COL	4:30-6:30PM
April 10	COL (Home)	Carver	4:30PM
April TBD	TBD	Cluster Championships	5:00PM
April 23rd	Evans High School	Track Fest 2024	TBD

What to Bring:

WEAR UNIFORM and RUNNING shoes!!!

Towel or small chair

Water bottle with your name

Healthy snack

Hat if sunny or sun glasses

Shade Tent

cut this off and keep the above

I _____ (**printed Athletes name**) have read and understand the track team information/contract.

Athletes Signature

Parent Signature

Parent Signature

Date

Windy Ridge

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REQUIRED TRYOUT/TIME TRIALS

FEBRUARY 26th, 27th, 28th & 29th

Practice schedule starts March 4th

LOOK for email regarding ALL the details

**OCPS Sports Physicals Due no later than
February 23rd**

**MUST create an AKtivate account and
complete all tasks, Must take the EL2 form to
the doctor for physical and doctors signature
and stamp. Then you must upload that
document into your Aktivate account**

Girls and Boys Track and Field Practice/Meet Schedule 2024 Season

DATE	AM practice@ COL 7:10-8:10	PM practice@WR MTRF 3:15-4:30 & W:2:15- 3:30	Field Event Practice@WR	MEETS
	Focus:200/400	Focus: 100/200/Relays		
3/4/24	C-Zimm	C- Rasmussen	X	
3/5/24	C-Rasmussen	C-Zimm/Tomlinson	YES	
3/6/24	X	C-ALL	YES	
3/7/24	C-Tomlinson	C-Zimm/Tomlinson	YES	
3/8/24	X	C-Rasmussen	X	
	Focus: 200/ Relays	Focus: 400/800/off site		
3/11/24	C-Zimm	C- Rasmussen	X	
3/12/24	C-Rasmussen	C-Zimm/Tomlinson	YES	
3/13/24	X	C-ALL	YES	SW/WR/W
3/14/24	C-Tomlinson	C-Zimm/Tomlinson	YES	
3/15/24	X - No School	X	X	X
	Focus:	Focus:		
3/25/24	C-Zimm	C- Rasmussen	X	
3/26/24	C-Rasmussen	C-Zimm/Tomlinson	YES	
3/27/24	X	C-ALL	YES	WR/Gotha
3/28/24	C-Tomlinson	C-Zimm/Tomlinson	YES	
3/29/24	X	C-Rasmussen	X	
	Focus:	Focus:		
4/1/24	C-Zimm	C- Rasmussen	X	
4/2/24	C-Rasmussen	C-Zimm/Tomlinson	YES	
4/3/24	X	C-ALL	YES	M/WR/COL
4/4/24	C-Tomlinson	C-Zimm/Tomlinson	YES	
4/5/24	X	C-Rasmussen	X	
	Focus:	Focus:		
4/8/24	C-Zimm	C- Rasmussen	X	
4/9/24	C-Rasmussen	C-Zimm/Tomlinson	YES	
4/10/24	X	C-ALL	YES	WR/Carver
4/11/24	C-Tomlinson	C-Zimm/Tomlinson	YES	
4/12/24	X	C-Rasmussen	X	

	Focus:	Focus:		
4/15/24	C-Zimm	C- Rasmussen	YES	
4/16/24	C-Rasmussen	C-Zimm/Tomlinson	YES	
4/17/24	X	C-ALL	YES	Cluster
4/18/24	C-Tomlinson	C-Zimm/Tomlinson	TBD	
4/19/24	X	C-Rasmussen	TBD	
TBD	Track Fest Qualifiers only	TBD	TBD	TBD