2012 – 2013
SAINT URSULA ACADEMY
TRACK AND FIELD PROGRAM

PRACTICE FACILITY - Walnut Hills High School and Saint Ursula Academy

TEAMS – All athletes will practice together and receive the same level of instruction. On occasion all athletes will compete together but the majority of the meets will divide athletes between Varsity and Junior Varsity.

GENERAL MEETING - All athletes interested in participating in the Track & Field program (Indoor or Outdoor) are asked to attend a general meeting on Tuesday, November 12, 2012 immediately following school.

OPEN GYM/CONDITIONING Preseason conditioning will take place on Monday through Friday afternoons beginning Monday, December 3, 2012 from 3:15 – 5:00pm.

STUDENT PARTICIPATION FORMS are required by July 1, 2012. **NO FORM IN HAND, NO PARTICIPATION.**

INDOOR PRACTICE – Begins on Monday, January 7, 2013. Anyone interested in participating in the Indoor Track season should be at training by this date.

INDOOR MEET SCHEDULE – Will be available by mid-December 2012.

OUTDOOR PRACTICE SCHEDULE - Begins Monday, March 4, 2013. Generally practices will follow a Monday – Friday (3:30 -5:30pm) schedule. Please make every effort to schedule outside appointments on Friday afternoons or at times other than those listed above.

OUTDOOR MEET SCHEDULE – Will be available by mid-February 2013 and will be posted on our website.

ATHLETIC TRAINER – Cincinnati Sports Medicine supplies a trainer during the spring season for three days a week after school for three hours.

ATTENDANCE – Conditioning is strictly voluntary. 100% attendance is expected once practice begins for either the indoor or outdoor seasons. ***Meets and practices may be scheduled over spring break.*** For specific Track & Field team rules regarding "Spring Break", please contact the athletic office at 961-3410, ext. 129.

MANDATORY PARENT/STUDENT-ATHLETE MEETING will be held Monday, March 25, 2013 at 6:00pm in the Saint Ursula Academy Gymnasium / Convocation Center. It is mandatory that at least one parent and the student athlete attend this meeting. If a parent cannot attend, please contact the athletic director at least 72 hours in advance. **ALL ATHLETIC FEES AND PARTICIPATION FORMS ARE DUE AT THE PARENT/STUDENT-ATHLETE MEETING**.

FOR ADDITIONAL INFORMATION you may contact Mike Sipes in the athletic department office at 961-3410, ext. 129.