



Hiram High School Track and Field

Welcome to the 2020 Hiram High School Track and Field Team! This season promises to be a spectacular year because of the extremely committed athletes who comprises this squad. Please take the time to read through and understand this essential information for the HHS student –athlete. This information will outline the participation fee, practice dates and times, missed practices and excessive tardiness policies, and clarify what is expected of the student-athlete over the course of the season, from practice to competition and beyond.

2020

Participation Fee and Fundraiser:

The Hiram Track Participation fee is **\$250.00**. It is imperative that participation fees are paid in full on time. The deadline for the participation fee is February 1, 2020. There will be a fundraiser opportunity in January to help raise funds for our program. Both the fundraiser and the participation fee will be used for the purchase of new uniforms (uniform rental), warmup sweats, transportation expenses, entry fees and end of the year banquet costs.

Past uniforms and old warm up sweats are available for purchase to help go towards the program.

Tops: \$20

Bottoms: \$20

Practice:

Pre-season conditioning will be held 3 days a week beginning the week of December 9th. In-season team practices can/will be held Monday- Friday from 3:45 pm to 6:00 pm, (depending on your coach), except for weekday meets. Special Practice times for specific events such as winter and spring breaks will be given prior to the breaks. **It is the expectation of the coaching staff that ALL athletes be present for practices and meets over the break. If we do practice over any breaks, we will be a maximum of three practices.**

Attendance and Tardies:

Team practices and Track and Field meets are mandatory for all participating team members, unless you are notified by the coaches. This includes any athlete who is injured as well. Any team member who will be tardy to a practice must notify a coach beforehand and bring a note from teacher informing us of your time, location and reason for tardy to practice. Any athlete missing practice must notify the coach ahead of time. Missed practices and excessive tardies will lead to the athlete not being able to participate in upcoming events and ,eventually, dismissal from the team.



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Grades

The Hiram High School track and field program prides itself on academic excellence. Therefore, if any athlete is failing one grade, s/he is required to attend tutoring for that failing course before attending practice (Before or After school). If any athlete is failing more than one course, s/he is suspended until at least one of the grades are considered passing (70 >).

Conduct and Behavior:

All team members are expected to act in a respectful and sportsman-like manner for all functions associated with the Track and Field Program. Whether traveling to, returning from or during competition in Track and Field meets, the utmost in mature behavior is expected. Behavior issues will not be tolerated and will result in disciplinary actions ranging from suspension to dismissal from the team.

Transportation:

All team members will travel together to and from meets on the school bus. After the conclusion of the meet, a team member may leave with their parent or legal guardian, after they have informed a coach by note or text after the meet. It is expected that all athletes stay for the entirety of each meet.



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2020 Hiram High School Track and Field Schedule

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| <i>Thursday, February 13, 2020</i> | <u>Hiram Time Trials (Varsity and JV) @ Hiram HS</u> |
| <i>Saturday, February 29, 2020</i> | <u>Purple Invitational (Varsity) @Cartersville HS</u> |
| <i>Saturday, March 7, 2020</i> | <u>Rome Invitational (Varsity) @ Rome HS</u> |
| <i>Tuesday, March 10, 2020</i> | <u>Rockmart JV Meet @ Rockmart HS</u> |
| <i>Saturday, March 14, 2020</i> | <u>Zaxby's Wheeler Relays (Varsity) @ Wheeler HS</u> |
| <i>Wednesday, March 18, 2020</i> | <u>Campbell JV Meet @ Campbell HS</u> |
| <i>Saturday, March 21, 2020</i> | <u>Roswell Rotary Relay (Varsity) @ Roswell HS</u> |
| <i>Wednesday, March 25, 2020</i> | <u>JV County Meet @ Paulding County HS</u> |
| <i>Wednesday, April 1, 2020</i> <i>@ Paulding HS</i> | <u>Paulding Co Championship (Varsity)</u> |
| <i>Friday, April 3, 2020</i> | <u>Friday Night Lights (Varsity) @ Starrs Mill HS</u> |
| <i>Saturday, April 18, 2020</i> <i>HS</i> | <u>Westminster Relays (JV/Varsity) @ Westminster HS</u> |
| <i>Thursday, April 23, 2020</i> | <u>Region Meet (Varsity) @ Rome HS</u> |
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| <i>Saturday, May 9, 2019</i> | <u>Sectionals @ Rome HS, Rome, Ga.</u> |
| <i>TBD</i> | State Meet |



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