

HCHS TRACK & FIELD Q&A

SEASON 2025 BEGINS:

TUESDAY JANUARY 21, 2025

REQUIRED PAPERWORK

1. MEDICAL HISTORY & PHYSICAL FORM

*Must be complete after April 2024 but before workouts begin in the fall

*You will print, complete, then upload to the online form

2. RANK ONE FORMS

*Not yet available for 2024-25

*All forms must be acknowledged online

3. PAPF FORM

**This will be initiated by the parent and coach once athlete has made the team.*

PURPOSE OF NORTHSIDE ATHLETICS

THROUGH OUR PASSION FOR ATHLETICS, WE WILL INSTILL A PURPOSEFUL LIFE IN OUR STUDENT-ATHLETES.



TRY-OUTS ARE IN THE SPRING OF 2025

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WE DO NOT HAVE A FALL 2024 SEASON.

Head Boy's Coach:

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Head Girls' Coach:

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FREQUENTLY ASKED QUESTIONS

- **Do incoming track freshmen need to order the PE uniform?**
Yes. All track freshmen must purchase the uniform.
- **Do incoming freshmen sign up for track if they've NEVER done track before?**
No. During the first semester you can request a try-out through the PE coaches and they will be able to make recommendations for anyone interested in trying out for track.
- **Do incoming freshmen sign up for track if they have done track before?**
Yes. This is for athletes who have done track previously at any level.
- **What do track athletes do during the Fall semester?**
Athletes will work on building discipline, character, team cohesion and accountability. They will do off-track training, speed work, strength training, stamina training, mobility and coordination exercises.
- **How do practices work during the season?**
Athletes will practice outside of the regular school day only on those days that they do NOT have the athletic period. Track meets are once a week and all athletes are expected to attend each week.
- **How does block scheduling work with athletics?**
During the fall (before track season), athletes will only attend track during their scheduled athletic period (4th or 8th). During the spring, athletes will attend scheduled practices as previously mentioned.
- **What happens if incoming freshmen do not make the track team after try-outs in the spring?**
Students will need have their schedule changed to PE. This will ensure that students earn the one year credit of PE they need to graduate.
- **Do athletes need any equipment during the fall off-season?**
We do ask that all athletes have proper running shoes (not converse or other non-supportive shoes). Also, all females must wear a sports bra.