

WELCOME

Join our SportsYou with code

TUSD-URYZ

Coaches

- Head Coach – Coach Ledford – Lindsay.Ledford@risd.org
 - Head Distance
- Head Coach – Coach Selfridge – Casey.Selfridge@risd.org
 - Head Mid-Distance/Hurdles/Pole Vault
- Coach Teeter – Head Sprints/Relays/High Jump
- Coach Nolan – Sprints/Triple Jump/Long Jump
- Coach Brewer – Shot Put/Discus

Practices

- 1st practice is January 19th
 - Everyone will practice each morning at 6:55 am
 - Vertical/horizontal jumps will practice a few times per week after school until about 5:30
 - 1st period track athletes will also have weight room workouts a couple mornings each week during the class period
- Need to be in first/second period track if not in another athletics period in the spring if at all possible (please let me know if you can't be)
- This is a COMMITMENT! You MUST be at practice everyday!
- There are no cuts in track, however, not everyone will get to compete in each meet

Physical

- You MUST have a current physical on file before attending practice
- You MUST also have all paperwork filled out on richardsonisd.rankonesport.com before attending practice
- Turn in your physical to me if you do not have one on file
- If you have turned it in with another sport, you do not need another one as long as it won't expire during track season

Meet Schedule

Day	Date	Event	Location	Time
Thursday	2/8	DUBEast Rust Buster Relays	Wylie ISD Stadium	4:00 PM
Friday/Sat	2/16-2/17	McKinney Boyd Relays	Ron Poe Stadium, McKinney	9:00 AM
Thursday	2/22	Richardson ISD Meet	Richardson HS	4:30 PM
Thursday	2/29	Cougar Invitational	Tommy Briggs Stadium, The Colony	
Thursday	3/7	Garland ISD Relays	Williams Stadium, Garland	
		SPRING BREAK		
Friday/Sat	3/16-3/17	Distance Festival - Distance Only	Carroll HS	
Thursday	3/21	Naaman Forest Relays	Williams Stadium, Garland	
Friday/Sat	3/22-3/23	Jesuit-Sheaner Relays - Select Varsity Only	Jesuit	
Wednesday	4/3	District 7-6A Meet	Jesuit	
Thursday	4/4	District 7-6A Meet	Jesuit	
Friday	4/11	*Area Meet*	Arlington Sam Houston	
Friday/Sat	4/19-4/20	*Region I 6A Regional Meet*	Maverick Stadium, Arlington	
Saturday	5/4	*U.I.L. State Track and Field Meet*	U.T., Austin	

Denotes Varsity Qualifiers ONLY

To-Do

- Get a physical and fill out RankOne paperwork BEFORE first practice
- Add 1st/2nd period track to your schedule with counselor if you are not in another sport 2nd semester or inform Coach Ledford that it will not fit in your schedule
- Select track as one of your sports on your pearceathletics.org account to receive emails
- Have a parent attend the meeting on **January 11th at 5:45 pm** upstairs in the MAC
- Join our SportsYou team on the app with code TUSDURYZ
- Fill out the google form at tinyurl.com/jjptrack24 BEFORE you leave today
- Bring a lock if you need a locker – 1st period can bring it on the first day of school; all others can bring it to the first practice

Questions? Email Coach Ledford at
lindsay.ledford@risd.org