



Outdoor Track Checklist

Please click on underlined words to access files.

Below items need to be completed in order to participate in any way with the team. (conditioning)

- Get a yellow card from nurse.
 - If you have up to date physical on file with the nurse, she'll give you a yellow card.
 - If you don't have a physical, go get one. No appt needed at Velocity Urgent Care in Southington off of Queen St.
- Both you and your parents sign and return [concussion form](#).
- Both you and your parents sign and return [parent permission form](#).

Below items need to be completed in order to start the first official day of practice. However it is recommended to complete this ASAP too.

- Fill out [Athlete Questionnaire online](#). No need to print it.
- Sign up for **Remind** Team Notification system
 - **All Athletes** text the words @shstfath to 81010
 - Parents text the words @shstfpar to 81010
 - Distance/Mid Distance also text the words @shstfdist to 81010
 - Throws also text the words @shstthrow to 81010
 - Sprints Jumps also text the words @shssprjmp to 81010
- Both you and parents read online [Outdoor Track Team Expectations](#). Digitally sign it. You do not need to print and return.
- Both you and parents read online [Student Participation form](#). Digitally sign it. You do not need to print and return.
- Athletes and Parents sign up for Facebook – This is a closed group that anyone in the group can and should post to. [Southington Cross Country, Track & Field](#)
- Equipment needed in order to practice
 - Water bottle with your name on it.
 - Stop Watch
 - Running shoes (not Nike Free or minimalist)

Equipment needed by first meet.

- Appropriate competition footwear for your event. This means spikes for running or flat shoes if you're a thrower. We will provide links to affordable shoes. Fleet Feet in West Hartford will give you a 10% discount if you say you're a SHS athlete. However, the online sites are more reasonable.