**HMS Track & Field**

**Sign-Up / Information**

Thank you for your interest in the middle school track program.

Please go to <https://goo.gl/forms/T3EYXu0XFQfaDVV43>  in order to sign up for the team.

•Practice will begin on Monday, March 9. Practices will be held **each day** after school until 4:30.

• Each athlete should be dressed for practice and in the auditorium by 3:00.

•The season runs through the first week of May (may be earlier depending on invitationals).

•To see the schedule for meets please go to <https://hamptonathletics.org/teams/2694595/coed/track/middle%20school/schedule>

Please know that there will be a fundraiser that each athlete will participate in. This is coordinated by the Hampton High School Track & Field Booster Association. More information will follow.

**YOU MUST HAVE A COMPLETED PHYSICAL PACKET IN ORDER TO PARTICIPATE. \*\*ONE COMPLETE PHYSICAL EXAMINATION IS REQUIRED TO PARTICIPATE IN ATHLETICS EACH SCHOOL YEAR\*\***

•Required forms: Sections 5, 6, AHN HIPPA/consent to treat form.

These forms can be found my going to the district website, ht-sd.org, clicking on the athletics tab, and then going to the MORE drop-down menu. (HTSD contracts for athletic training services through Allegheny Health Network. These forms are required by our athletic training staff.)

•Please complete and turn in to the high school athletics office ASAP.

•***All athletes must register online at*** [www.familyid.com](http://www.familyid.com) ***for each sport they are trying out for in*** ***the 2019-20 school year. This is the only way to be added to the roster even if you turn in the physical forms.***

Again…practice will begin on Monday, March 9. Practices will be held each day after school until 4:30.

**Sports Physicals are due in the High School Athletics Office ASAP (please do not turn these in to the middle school office).**

If you have any questions, please contact Coach Bukovac at bukovac@ht-sd.org.

    