

2018 Web Assignment

THIS IS DUE BY the end of practice, Monday, March 5th! It can be physically handed in, or emailed to Coach May at Smay21@mac.com at any time prior to that.

As always, travel priority is given to those who meet all the paperwork expectations as well as the other criteria spelled out in the "Travel Criteria" (can be found on the "Requirements" page).

If you are serious about being on the team this year, and wish to be considered for traveling, you will need to read and complete the assignment listed here. Please take some time and look through the new site.

Answer the following questions:

1) *When is the Glacier 10K Race this year, and are you going to be here and help with it?* _____

2) *What is the estimated cost for going to Sitka this year?* _____
**Hint Look on the "Requirements" page.*

3) *If you are an underclassman, and you are taking 5 classes, are you eligible to travel with us if:*

a) you have two D's and three A's? _____

b) you have a D and four B's? _____

**Hint: go to the "Requirements" page*

4) *Name two boys and two girls from our team who are Captains this year.*

**Hint: Look on the "General Information" page*

1) _____ 2) _____

1) _____ 2) _____

5) *On what days of the week are Pink Slips due?* _____

**Hint: look at the "General Information" page.*

6) *List three of the 8 things that you can do in order to get a varsity letter.*

**Hint: Look on the "Downloads" pg and find the "Lettering Criteria"*

1) _____

2) _____

3) _____

7) Do you turn in paper work to the Activities Office, or to Coach May? _____

**Hint: It's NOT the Activities Office!*

8) Even if you are eligible to travel, are you less likely or more likely to travel if you have a grade below a "C"? _____

9) Since our second year in 2010, how many top three State finishes have we achieved? _____

**Hint: Look on the "Records & Results" page*

10) Click on and look at the Personal Records, located on the "Downloads" page.

A) If you are a returning athlete, list the record you would most like to break, and tell me what your goal is. _____

B) If you are new to us, pick one event, and tell us what your "Dream Goal" is for that event. For example, "I would like to break 6 minutes in the 1600 this year" _____

C) What four athletes hold the girls 4x200 meter relay school record?

1) _____ 2) _____
3) _____ 4) _____

**Make sure you check these PRs after every time trial and meet, because they will be updated!*

11) List 5 of the 8 things that our coaching staff looks for when we select a group of athletes to travel with us.

**Hint, find the "Travel Criteria" on the Requirements page.*

1) _____
2) _____
3) _____
4) _____
5) _____

12) Did you fill out a Questionnaire yet? Remember preference is given to those who fill out ALL paper work?

13) How many forms must your parents sign if you already did a sport this year? _____

**Hint: Look on the "Requirements" page*

14) On which TMHS Track & Field Web page can you find current information about our practice times and locations? _____

**Hint: The answer is the "General Information Page"*

15) What are the dates of our two official home meets? _____

16) Are you able to "house" athletes both home meet weekends (we need ALL of us to do this)? _____

17) How many athletes can you host on those 2 weekends? _____

18) Look at the Schedule, assume that you are selected to participate in all of our meets. Are there any that you CAN NOT attend this year? (include home and away). List them here. _____

19) Please bookmark this site and check it frequently throughout the season, especially the updates page. Changes are usually in red.