

## Registration on FamilyID, including a current physical, is due no later than February 1, 2020. See instructions below:

The first official day of practice will be Monday, February 11<sup>th</sup>. You must be registered and cleared before you may practice. Failing to attend practice and participate may result in your being cut from the team roster. You must communicate with your coach if you are going to be absent for any reason.

If you are currently in a winter sport you will start practice with us after your current sport has ended, but you should register for track as a spring sport now.

### To Register for Track (spring sport), go to [tracyhighsports.com](http://tracyhighsports.com)

Click on the link for registration and forms on the left hand side of the page.

Click on registration portal can be accessed here

Click on 2020 spring registration

Click on register now

Click on Login if you have played another sport, or click on create account if you haven't played another sport and this is your first time on FamilyID

Follow the directions to complete the necessary registration.

### **After registering on FamilyID you can return to the [tracyhighsports.com](http://tracyhighsports.com) homepage:**

Click on the Track tab

Click on the tab for Track and Field Handbook

Read the Tracy High track and field handbook online

By participating in the Track and Field team you are agreeing to the guidelines listed in the Track and Field handbook, so you don't need to print it out and sign it.

The first day of official practice is February 11, 2020. Before that time no equipment use is allowed. No hurdles, starting blocks, poles, throwing implements, etc. may be used, even if you are the member of a track club. This could jeopardize your season, and your teams season.

We are allowed to condition and lift weights. Conditioning will be done by your event coach and is an important step in readying yourself for competition. Your event coach will give you further information regarding your conditioning dates. You should plan to attend as much conditioning as possible for your event if you are not currently in a THS winter sport.

Good luck this season and GO BULLDOGS!!!!

**EVERYONE not in another sport is expected to be at every practice, with all registration done, beginning February 11, 2019. Cuts will occur as needed based on attendance, events, and participants.**