**FCHS *Indoor Track & Field 2022***

**Tryouts:** October 5 @ 5PM FCHS (Must be present to be on team)

**Eligibility:** Athletes must meet all AHSAA eligibility requirements to be on the team

* Must be in 7th-12th grade
* Must have a current physical, birth certificate, concussion form, parent release form, and NFHS sportsmanship certificate uploaded to the **DRAGONFLY** app prior to first practice.

**Coaches-**

**Bri Magouirk** bmagouirk@fayette.k12.al.us

**Brandon Hensley** bhensley@fayette.k12.al.us

**Michael Magouirk** mwmagouirk24@yahoo.com

**WHEN:**

Practice (3:00-5:00 PM on Monday- Thursday) Starting November 7. First meet- Dec 10, 2022

* Students will practice 3 to 4 days a week until the first meet. After the first meet, practice will be twice a week during weeks when a meet is held and three times a week on off weeks. ALL practices are required (unless another sports ***competition*** is being held the same day)
* Practices will be held at FCHS, Winfield, and Tuscaloosa
* Meets are typically held on Saturdays (last several hours)

**WHERE:**

* BIRMINGHAM Crossplex -Meet information will be listed on the schedule and can be found on the website Alabama runners (along with race routes, directions to the meet, and all necessary info). <https://al.milesplit.com/calendar>. We will use a bus for transportation when possible.

**WHAT TO DO NOW:**

1. Complete dragonfly requirements
2. Add GroupMe app Indoor Track & Field 22/23 group!!! https://groupme.com/join\_group/89765105/AjfIgGIR
3. Pay Fees $100 athletic fee, $50 (Uniform tank and t-shirt) due by Oct 31, 2022
4. Help with Fundraiser!!!

**How MUCH:**

Each athlete will need to pay $**100** athletic fees for the 2022/23 Indoor Track & Field season. Each runner will also be responsible for purchasing their uniform tank and t-shirt **($50 for both, $15 for t-shirt only).** Runners are responsible for ALL transportation to and from practices and meets. A **fundraiser will be required.**

**Runners/Jumpers/ Throwers will also need the following (to be purchased individually):**

Shoes- training shoes and running spikes/ flats (throwing shoes), replacement spikes and spike tool, water bottle, running gear (cool breathable material), and a watch for pacing timing (long distance runners).

**FCHS Indoor Track 2022 Schedule**

| **Date** | **Meet** | **Location** |
| --- | --- | --- |
| **Dec 10, 2022** | **Holiday Invitational**  | **Birmingham Crossplex** |
| **Jan 7, 2023** | **Ice Breaker Meet** | **Birmingham Crossplex**  |
|  **Jan 16, 2023** | **MLK Invitational** | **Birmingham Crossplex** |
| **Jan 28, 2023** | **Last Chance Meet** | **Birmingham Crossplex** |
| **Feb 3, 2023** | **AHSAA state championship** | **Birmingham Crossplex** |