



WILDCAT TRACK & FIELD

Official Letter from Coach Isaacs

WAKULLA WILDCATS ARE BACK ON THE TRACK!

Hello Wildcat families!

We are so excited for another year with your student-athletes! Excellence is becoming our tradition, and I cannot wait to see what my 5th year of coaching brings!

Conditioning will be January 16, 18, 22, and 23 from 2:30-4:00.
Official tryouts and timing will be January 25 & 26. There is a mandatory parent meeting on Jan 26.
Practices will be held on Monday, Tuesday, and Thursday from 2:30 - 4:30. There may be a few exceptions to this with special teams for field events - you will have prior notice of any of these changes.

Athletes have Word Goal Requirements and it is vitally important that we remember they are students before they are athletes. Grades are checked prior to meets and students are not permitted to attend if they have any F's, students must maintain a 2.0 GPA or better, in compliance with FHSAA Regulations. Students will have a 1week notice that they are behind on words. Students who have to be removed from a race roster twice will be removed from the team.

Practice will consist of long-distance running, sprint work, and full body workouts, along with training and instruction on field events. Athletes will be put in groupings to push each other and be the best they can be. We fully expect some of our students to qualify for FLYRA State again this year.

Athletes are expected to wear *running shorts/leggings and an appropriate fitting T-shirt or Tank Top*. Students will not be permitted to practice in any shoe that is not athletic in nature (No Converse, Crocs, slip on shoes, etc.) Track shoes are encouraged for jumpers and sprinters, but are not mandatory. Please note, spikes on track shoes must be removable and are not allowed for shot-put or discus. Additionally, spikes are not appropriate for long-distance runners.

We will be doing the Krispy Kreme fundraiser again - all orders are due on 2/12 and donut pick-up will be the 15th at 7am.

Hoodies will be ordered on 2/2 for student athletes - parents, if you would like a hoodie please provide your order form by 2/12.

All students must have a physical and consent up to date and on file before conditioning or trying out.

WAYS TO CONTACT ME:

By Phone

850-926-7143

Email:

samantha.isaacs@wcsb.us

Personal Cell

(423) 502-1341

Please note The Wakulla County School District is an Equal Education Opportunity Provider and Employer. Under Florida's "Public Records" law, absent a specific exclusion, written communications to or from Wakulla School District employees are considered public records. E-mail communication with this correspondent may be subject to public and media disclosure upon request.

WAYS TO CONTACT ME:

Email:

stephen.attaway@wcsb.us

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MEETING HIGHLIGHTS

MONDAY

TUESDAY

THURSDAY

Practices!

Practices are mandatory. If a student misses practice, they will forfeit their roster spot. Practice prevents injury and I won't run an ill-prepared athlete in any event.

Meet Expectation: Students will not forfeit any event without talking with Coach. If a student DNR's (did not race) any event, they will forfeit their spot in the next meet. A forfeit removes points from the team scores and took a spot from a willing participant.

This is a hard and fast rule.

As a way to keep in contact, please download the free "Remind" app from your app store. Our "class code" is

@2024trackt

REMINd



Transportation



All athletes will ride the bus to the scheduled meet. If you wish to take your athlete home with you following their events, you must sign them out with Coach on the sign-out sheet so at the end of the evening, the head count matches the roster.

This year, I'd like to ask parents to help provide snacks for meets. It does not have to be enough to feed the entire team but a box of granola bars, bag of cuties, jar of pickles, etc. I will set up a sign-up genius and send out the link. Snacks can be dropped at school or brought to the meet location.

Snacks