



# TRACK & FIELD

## 2025 SEASON

## INFORMATION

- **Pre-Season Conditioning starts January 13<sup>th</sup>**
  - **2:45-3:45 Mondays, Tuesdays, Thursdays**
- **1<sup>st</sup> day of practice- Jan. 27<sup>th</sup>**
  - **Practice hours between 2:30 - 4:30**
- **Registration, Parent/Athlete Handbook, Schedule, and additional information is posted on the Mill Creek Track & Field Web site.**
  - **[millcreekhs.gcpsk12.org/athletics/track-and-field](http://millcreekhs.gcpsk12.org/athletics/track-and-field)**
- **Track is a non-cut sport.**
  - **If you come to practice and pay participation fees you will compete in meets.**
  - **You must be in attendance by the end of the 1<sup>st</sup> week of practice or you will be removed from the roster (unless you are in a current Mill Creek in season sport).**
- **Athletic participation fees (required)**
  - **BOYS & GIRLS**
    - **\$250 for returning athletes (no uniform included)**
    - **\$300 for new athletes (includes uniform)**
    - **Additional uniform can be purchased for \$50**
  - **Can be paid through [www.mypaymentsplus](http://www.mypaymentsplus)**
    - **\*Additional siblings only \$100 (uniform not included)**
- **Athletic physicals must be completed BY JANUARY 27<sup>th</sup>, 2025.**
  - **If you do not have a COMPLETE physical on file through Rank One you WILL NOT be able to participate**
- **Contact information**
  - **Will Shelton (boys head coach) [will.shelton@gcpsk12.org](mailto:will.shelton@gcpsk12.org)**
  - **Jed Hodges (girls head coach) [jed.hodges@gcpsk12.org](mailto:jed.hodges@gcpsk12.org)**