



**LMMS TRACK & FIELD
PRESEASON INFORMATIONAL MEETING**

COACHES

Paul Smith, Head Coach
Morgan Adams, Assistant Coach
Martin Benavidez, Assistant Coach

The time to begin preparations for Mustang Track and Field is NOW! Take advantage of the opportunity to represent your school and be a part of an experience you will enjoy and remember the rest of your life. Please be advised of the information below to be sure you are prepared for tryouts.

ELIGIBILITY

LMMS Track and Field is open to 7th and 8th grade, academically eligible, students. In order to try out, all athletes must have a complete and valid physical on file with the LMMS Athletics Department or in DragonFly Max. The official Forsyth County Physical Form is available on the LMMS Athletics web page. Completed physicals must be uploaded into DragonFly Max. See the instructions on the back of this sheet for creating and uploading your physical. If we have a valid hard copy of your physical on file, you do not need to upload it.

CONDITIONING

Any athlete planning on trying out should be conditioning on his or her own. DO NOT WAIT to train for the season. Find a program that works for your intended event(s) online and start training today.

TRYOUTS

Tryouts will take place on February 11th-13th with the girls on the 11th, the boys on the 12th, and call backs on the 13th for both girls and boys. Final cuts will be made after practice on February 13th and the team list will be available on the LMMS Track webpage at 6:00 PM on the 13th.

PARTICIPATION FEE AND FUNDRAISING

The Participation Fee is \$100 and can be paid via SchoolPay once the team is selected. The fee is due March 1st.

We will be getting new uniforms for the 2025 season and must repair and replace old equipment. We will ask all team members to participate in our Spring Sports Raffle to assist with raising money to cover the costs of these expenses.

PRACTICE AND MEET CALENDAR

It is imperative that anyone considering participating in LMMS Track understands the commitment required to participate. All practices and meets are mandatory. While not all athletes will be required to attend every practice, all athletes will be expected to attend the practices scheduled for their events. Please note that all practices will be held in the morning, before school, while meets are scheduled for Wednesdays, after school. The tentative practice and meet schedule is attached. Please confirm you can commit to the calendar before tryouts.