

## **2021-2022 Heritage Track and Field Information**

**Thank you for your interest in Heritage Track and Field, please join my Remind to receive information regarding practices and other messages Remind Text 81010 Message @6b359 Send**

**ALL NEW AND RETURNING ATHLETES MUST COMPLETE REGISTRATION OF DRAGONFLY THIS YEAR! No exemptions!!! You cannot participate for practice unless your Dragonfly in 100% complete!**

- **Go to Heritage Website and click on Athletics**
- **Look at the information on How to Register for DragonFly, BEFORE you start to Register.**
- **You must Register yourself (parents can help) Parents can register for themselves as well. Strongly encourage Parents to register. See information on Parents**
- **Be sure to Check ALL Sports you are interested in even if you chose later NOT to do that sport**
- **Track is listed as: Men or Women- Winter or Indoor Track and Men or Women Outdoor, Spring Or just Track and Field**
- **Winter and Spring Track are 2 separate sports**
- **If you are playing a Fall Sport now, you do not have to register again. Just make sure you have checked Track in your profile**
- **Start now so it will be complete with all downloaded forms before the season starts**

**Pre-Seasoning Conditioning will start in Oct. The following applies to Pre-Season**

**You Must Be cleared on DragonFly 100%**

- 1. Not a requirement but strongly encourage this. Gives you an opportunity to learn basics and different events.**
- 2. Will do 2 days a week any day from Mon-Thurs, days depend on other activities on the Field**
- 3. Time will be 2:45 -3:45 Please have your rides waiting for you. No activity bus running**

4. **Must come dressed, can change in PE bathrooms, Bring Water bottle filled before you arrive, Have a Mask**
5. **Fall sports should not come, Other Winter Sports should not come. This is not a training for other sports. Must plan to do Track and Field**

**My email is [havearuntrackmind@gmail.com](mailto:havearuntrackmind@gmail.com)**

**Looking for seeing you soon!**

**Coach Todd**