Lancer track Tryout Information 2016

\*Dates for Tryouts are the following:

time: 4:00 until 5:35 pm. parents are *not* permitted at tryouts or practices. Students may ride the activity bus home or may be picked up by their parents. Students who have not been picked up prior to the activity bus departure are expected to board the appropriate bus.

Please review the following schedule and report immediately to the gymnasium:

Monday – March 21 all 6th grade students –

Tuesday- March 22 all 6th and 7th grade students

Wednesday: March 23 all 7th and 8th graders plus 6th grade call backs

Thursday March 24 all 8th graders plus 6th and 7th grade call backs.

Friday March 25 all call backs

**Monday: April 4 regular practice begins**

Wednesday April 12 First Regular Season meet

**Important information**

**Please check the above dates carefully.**

**All interested athletes must have a Virginia Beach City Schools Athletic Physical on file with the Student Activities COORDINATOR BEFORE being permitted to try out. Copies are available on the Landstown Middle school Web site.**

**students who do not have a physical on file in student activities are not permitted to try out.**

**Athletes with Asthma who require an inhaler must bring their inhaler each day to try out.**

**School rules apply for all afterschool activities. This includes cell phones.**

**Cell phones are not permitted during tryouts or at practice.**

**Students will be encouraged to warm up properly to minimize the risk of injury. Each** **athlete trying out must be ready to run at the appropriate time and in the appropriate location.**

**starting blocks and Track spikes are not used for tryouts.**

**Please refer to this checklist and be fully prepared on the first day of tryouts.**

Equipment:

* Comfortable running shoes with laces are required.

, (socks are recommended)

* + Track spikes are not permitted during tryouts.
	+ no street shoes, boots or open toes shoes
* clothing appropriate for the weather... Bring a sweat shirt and sweat PANTS. You don’t want to run in shorts and a T shirt if the weather is still cold. March is still cold. Be prepared. you may want to bring a hat and gloves.
* water is provided but you are strongly recommended to bring your own.

tryout information:

students are encouraged to try out for as many different events as possible. (not everyone is a sprinter)The breakdown of events order during tryouts is:

1. 100 meter sprint (run in lanes)
2. 800/1600 meter – middle distance (water fall start, break to inside)
3. 200 meter – sprint (staggered start, run in lanes)

Students will be directed when and where to report and lane assignments by coaches

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**Landstown Middle School Boys and Girls Track Schedule 2016**

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| **Day** | **Date** | **Time** | **Opponent** | **Location** |
| Tue | 4/12 | 5:00 pm | at Corporate Landing | Corporate Landing Middle |
| Thu | 4/14 | 5:00 pm | at Plaza | Plaza Middle |
| Tue | 4/19 | 5:00 pm | Independence | Landstown Middle |
| Tue | 4/26 | 5:00 pm | Kempsville | Landstown Middle |
| Tue | 5/3 | 5:00 pm | at Great Neck | Great Neck Middle |
| Thu | 5/5 | 5:00 pm | Virginia Beach | Landstown Middle |
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