

## Holicong Track and Field

### FAQ Sheet

#### 1. Coaches:

- a. Head Coach: Mr. Cochran [bcochran@cbsd.org](mailto:bcochran@cbsd.org)
- b. Assistant Coaches: Mr. Barno, Mr. Weir and Mrs. Lock

#### 2. Things your parents will want to know:

- a. We don't cut. Athletes will be placed on Varsity or JV.
- b. Our first 5 days are scheduled to have timed trials for most events.  
We will also measure distance for long jump and shot put. After the first day the calendar will be updated according to which events are being tested.
- c. You can try out for as many events as you want. The top 3-4 athletes will make varsity per event, however, distance events will allow for more participants and therefore we will carry more athletes.
- d. Each athlete will be permitted to compete in up to 3 events in a varsity meet or 3 running events and 1 field event.
- e. Practices and meets for both teams are on the calendar posted under athletics/spring sports/track and field.
- f. Practice attendance is mandatory unless you spoke to Mr. Cochran - we take attendance each day.
- g. We will let everyone try different events, but not necessarily at meets.
- h. First month is cold- YOU SHOULD WEAR PANTS AND LONG SLEEVES EACH DAY.
- i. You need running shoes; do not worry about track spikes yet.

- j. Our practices start at 2: 50 and end at 4:30. You do not leave until you are dismissed unless you have approval from Coach Cochran.
- k. Go to the bathroom before practice!
- l. Bring water
- m. Practice will take place on the tennis courts as well as the front parking lot.
- n. If you want a track pinnie print out and hand in form on time.