

2017

Bulldog Track

Turn in paperwork and watch video: March 2nd or 4th P.E. classroom 3:00P.M. to 4:00P.M. If you are unable to attend either of these dates to watch the video "Concussion In Sports", you will need to go to the FHSAA.org web page and bring in the certificate the first day of tryouts. Without verification that the video has been watched a student cannot tryout for a sport.

Tryouts will start on Friday, March 3rd from 3:00 P.M. to 4:00 P.M. at R. B. Stewart Middle School.

Tryouts/Practices - will continue on Monday, March 6th through Thursday, March 9th from 3:00 P.M. to 4:30 P.M. at **Zephyrhills High School**. On these days you will pick up your child in the parking lot located in front of the ZHS gym.

Parents must pick up athletes on time from all practices and meets.

To tryout you must have completed the following:

- Have a current physical on an **FHSAA** form (EL2). Physicals are good for one year.
- FHSAA Consent and Release from Liability Certificate completed (EL3). This is a 4 page section.
- District School Board of Pasco athletic participation form (notarized)

This paper work can be picked up from a coach, school website, or district website. (www.pasco.k12.fl.us/athletics).

The state of Florida requires student athletes to have a 2.0 GPA or higher for the previous semester.

Hydrate in advance (12 hours or more before practice) to avoid heat related illness. Drink eight or more 8oz glasses of water or sports drink daily.

Come ready to participate: Comfortable athletic shorts, t-shirt, socks and tennis shoes.

Those athletes who make the team will pay the following participation fees.

1st sport – \$45.00

2nd sport – \$30.00

The following caps apply: individual athletes \$75.00, family at the same school \$120.00.

Questions – Contact Coach Scheuerman, Coach Roman or Coach Jeffcott at (813) 794-6500