

# TRACK AND FIELD TRYOUTS

Monday March 2<sup>nd</sup> through Friday March 7<sup>th</sup> 3:00pm – 4:15pm

To try out you must have completed the following paperwork:

- A current physical on a FHSAA form. \*E12\* A school physical or shot record will not be accepted. (Physicals are good for 1 year)
- FHSAA Consent and release from liability certificate pg. 1-4\*EL3\*
- District School Board of Pasco County Athletic Participation form completed and NOTORIZED
- Pasco County Schools General Information Form
- Any missing signatures will result in not being able to participate until completed

**Ensure All signatures are completed, student and parent.**

The paperwork can be picked up from a Coach, or off the RBSMS website [www.rbsms.pasco.k12.fl.us](http://www.rbsms.pasco.k12.fl.us) Departments, then Athletic Info

**You will be required to watch the videos: Concussion In Sports, Heat Related Illness and Sudden Cardiac Arrest before you are allowed to tryout. You must watch the videos on your own, print and return the certificates.** <https://www.nfhslearn.com/courses/concussion-for-students>, <https://www.nfhslearn.com/courses/sudden-cardiac-arrest>, <https://www.nfhslearn.com/courses/heat-illness-prevention-2>

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

HYDRATE IN ADVANCE (12 hours before practice) to avoid heat related illness. Drink eight (8) ounce glasses of water daily.

There is no cost to tryout. Those athletes who make the team will pay: 1<sup>st</sup> sport- \$50; 2<sup>nd</sup> sport-\$30 The following caps apply: \$80 For individual athlete. Family at the same school: \$130. Students have 3 days to pay participation fees after they make the team. No athletes may participate in a meet until the fees are paid in full.

**Please be aware that the participation fee does not guarantee playing time, only the opportunity to be on the team if selected.**

Any questions, please see Coach Scheuerman, Coach Roman, Coach Stacy, or Coach Schmidt