

# RBSMS Track Tryout Dates:



**WHEN: March 2,3,5,9**

**TIME: 2:00-4:00**

**\*You must scan the QR Code before heading to ZHS on 3/9.**

**Requirements:** Athletic Clearance is required. Only those athletes that have been cleared will be permitted to tryout. Visit <https://athleticclearance.fhsaahome.org/>.

March 3 <sup>rd</sup>	March 4 <sup>th</sup>	March 5 <sup>th</sup>	March 9 <sup>th</sup> @ ZHS
Boys & Girls 100 Boys & Girls 200	Boys & Girls Hurdles Boys & Girls 400 Boys & Girls Shot Put Boys & Girls Discus	Boys & Girls 1600m Boys & Girls 800m	Boys & Girls Long/high Jump Boys & Girls Hurdles

**\*You must show up and tryout for the event you want to run to be considered for that event.**

Example: Every person wanting to run the 100m must show up on day 1. If you want to only tryout for the 800/1600m you would only show up for day 4.

To tryout the following must be completed and uploaded to [athleticclearance.com](https://athleticclearance.com):

- 1) EL2, A current physical on the FHSAA form (doctor signature and date)
- 2) Pasco County Athletic Participation form (notarized)
- 3) Prior to trying out, athletes are required to watch the videos “Concussion for Students”, “Heat Illness Prevention”, and Sudden Cardiac Arrest” and print the Certificate of Completion for each to bring to your coach before trying out. The link for all 4 videos can be found on the school website under the athletic tab. Each video is free.

**\*\*Please make sure all signatures (parent & student) and videos have been submitted.**

**\*\*These forms are available on the school’s webpage under the athletic tab.**

**\*\*All paperwork and videos should be submitted by the first day of tryouts for your event.**

**\*\*The state of Florida requires athletes to have a 2.0 GPA or higher from the previous semester to participate in athletics. (1st Semester of 23-24 school year)**

**\*\*Good classroom behavior and discipline record.**

**\*\*Come ready to participate in athletic shorts, t-shirt, socks, & tennis shoes.**

**\*\*There is no cost to try out for the team. If an athlete is selected to be on the team, participation fees will apply, 1st sport = \$60, 2nd sport = \$40.**

