



2011 HSAA Track & Field Registration Information

www.HSAA.org



General Info:

The HSAA Track & Field team is coming off a strong second season as it prepares for the 2011 season. Athletes will have an opportunity to compete against local schools in the sprints, distance, hurdles, throws (shot/disc), jumps (long, triple, and high), and relays. Practice begins January 17, 2011 for High School and January 31, 2011 for Middle School, with the final meet scheduled in May.

There will be three registration sessions for the 2011 Track & Field team. Prospective athletes and a parent must attend one. If you have conflicts and are unable to attend the Oct/Nov sessions, there is a late registration session in January.

Try-outs are not held for Track & Field. Therefore, registering for the track team is your commitment that you will participate in the upcoming season. Please speak to your child to ensure they want to participate in a competitive sports program and put in the necessary hours practicing before you register. Practices and meets are mandatory and at-home practice assignments are required. There will be a mandatory meeting at registration explaining the program and requirements. Additionally, you may email Coach Lisa McNeme if you have specific questions or concerns, hsaatrack@yahoo.com.

Athletes that register in Oct/Nov will be able to participate in an optional pre-season training program under the supervision of the coaches. Athletes that register in January are NOT eligible to participate in this pre-season training program. Pre-season training includes plyometrics, circuit training, hills, stadium steps, and a clinic at the Michael Johnson Performance Center. There will be 10 conditioning sessions over a 5 week period (Nov 15-Dec 15).

There is a MANDATORY team kick-off meeting scheduled for Jan 9, 2011.

Registration Dates (must attend ONE):

1. Thu, Oct 28, 7-8:30 pm at Davis Library (7501 Independence Parkway, Plano, 75025).
Mandatory registration meeting at 7:15 pm.
2. Sun, Nov 14, 3:00-4:30 pm at Davis Library (7501 Independence Parkway, Plano, 75025).
Mandatory registration meeting at 3:15 pm.
3. LATE REGISTRATION, Sun, Jan 9, 1:00-2:00 pm at Davis Library. Mandatory registration meeting at 1:00 pm

Multiple Payment Plans:

High School-4 plans (H1, H2, H3, or H4)

H1: In full, \$275 + uniform costs at registration

H2: \$150 + uniform costs at registration, \$125 at Jan 9th Meeting

H3: \$100 + uniform costs at registration, \$75 Due by Dec 15, \$100 at Jan 9th Meeting

H4: Jan 9, 2011, LATE REGISTRATION, \$275 in full + uniform costs

Middle School-3 plans (M1, M2 or M3)

M1: In full, \$175 + uniform costs at registration

M2: \$100 + uniform costs at registration, \$75 at Jan 9th Meeting

M3: Jan 9, 2011, LATE REGISTRATION, \$175 in full + uniform costs

Important Payment Notes:

1. **NO CASH.** Cash cannot be directly deposited by HSAA. Please have a check, cashier's check, or money order made out to "HSAA". Put your child's name and "track" on the memo line. There are several businesses located near the registration site if you need to have cash converted to a money order the day of registration!

2. Fees paid at registration are non-refundable.

3. Uniforms must be paid for in full at registration because they will be ordered.

What to Bring/Read Prior to Registration:

All forms are located on the HSAA website. There will be limited blank copies at registration, so please print out ahead of time. Thanks.

1. Bring Completed Spring 2011 Track & Field Application

2. Bring HSAA Athletic Release and Medical Authorization for 2010-2011

3. Bring Physical Evaluation Form (A physical is required prior to participating in track.

Athletes may use a physical that is less than one year old for the pre-season conditioning program in Nov/Dec; however, a 2010-2011 physical must be turned in no later than the Jan 9, 2011 meeting to practice in January. Physical forms may also be turned in at registration).

4. Read HSAA Appearance Code

5. Read HSAA Expectations

6. Read HSAA Eligibility Requirements

Uniforms:

There will be a full run of sizes tank/shorts for the athletes to try-on at registration. Warm-up uniforms will be issued at the Jan 9, 2011 mandatory team kick-off meeting.

2011 Fees:

1. Basic Fees

A. High School - \$275

B. Middle School - \$175

2. Uniform Fees are **estimates** based on last year's prices

- A. Boys Tank/Shorts - \$25
- B. Girls Tank/Shorts - \$27
- C. Girls Tank only - \$17
- D. Boys Tank only - \$15
- E. Shorts only - \$10.50
- F. Optional: Running Tights (black) -\$20
- G. Optional (highly recommended) Compression Shorts (navy) - \$13/\$16

Mandatory Team Kick-Off Meeting:

Jan 9, 2011

2:00-3:00: High School Boys Meeting

3:30-4:30: High School Girls & Middle School Boys/Girls Meeting

Room is limited to 100 people, so we must split up the teams for this meeting. Physicals and final payments will be due at this meeting and warm-ups issued. One parent must be present to sign for warm-ups. If you have children on multiple teams you will only have to attend one meeting.