

**2012 Hilliard Darby Boys Indoor & Outdoor Track and Field Program**  
**“Love. Energy. Audacity. Proof”**  
**Take the L.E.A.P.**

**Forms:**

1. Physical- If you have not scheduled one, please get it updated ASAP.
2. Emergency Medical Card (Green Form)
3. Travel Permit (Purple Form)

**Fees:**

1. Indoor- \$50, this fee will be used to pay for all 4 entrance fees into the Ohio State HS Qualifier meets that we will be attending. This fee is optional, although you will not be able to run in the meet if not paid.
2. Outdoor- \$65, this is the required pay to play fee for Hilliard City Schools.

**Important Dates:**

First Day of Indoor: Wednesday January 3<sup>rd</sup>, 2012. (See Calendar)

First Day of Outdoor: Monday March 5<sup>th</sup>, 2012. (See Calendar)

**Attendance:**

Attendance is required in order for us to take the L.E.A.P. as a team and individually. Track and Field is about bringing together personal goals in order to achieve team goals. To miss a practice tells everyone that you are not willing to “**Love** for yourself and your team, Put the **Energy** into your goals and the process, to have the **Audacity** and courage to make the commitment, not only to yourself but to the team, and to provide **Proof** that this is where you want to be and the goals you have set for yourself”

Priorities should be as follows: Family, School, Faith, and Darby Track. Excused absences are anything that has to do with those that come before track (prior notice should be given to Coach Johnston). All else are considered unexcused, unless discussed.

**1<sup>st</sup> Unexcused**-Meeting with coach

**2<sup>nd</sup> Unexcused**-Meeting with coach and phone call home

**3<sup>rd</sup> Unexcused**-Excused from team

**Weather and Attire:**

We will be outside if the temperature is above 38 degrees. Dress appropriately! Make sure you bring warm clothes, hats, and gloves, sweats everyday in case we are outside, running shoes, shorts and t-shirts for lifting and indoor workouts.

**Training Shoes and Spikes Deal!!**

We will be having someone come in from *Fleet Feet* to fit you with the appropriate shoe through testing. You get 15% off shoes and for every shoe bought the team will get \$15. We are going to do this after the first week of Indoor and then again after the first week of Outdoor.