

2025 NORTHRIDGE HIGH TRACK AND FIELD

“To give anything less than your best is to sacrifice the gift” – Steve Prefontaine

Welcome to Northridge High Track and Field

Track and Field can be one of the greatest opportunities of your high school career! It isn't for the faint of heart though, it requires commitment and determination. The success of the Northridge high Track and Field team depends on YOU! You must put in the time and commitment it takes to succeed! The coaches are here to help you in any way! Since we are an elite team of athletes there are some requirements-

- **Attendance-**

You need to be here every day! Track takes commitment. We also understand that you need to miss it sometimes though. If you do need to miss it just let one of the coaches know 48 hours prior. You shouldn't be missing more than once.

- **Substance Abuse-**

We are in high school; you shouldn't be doing that anyways. But if you are caught you will be kicked off the team! No exceptions!

- **Grades-**

To participate you must have at least a 2.0 GPA and no more than one "F". You also must clear all "U"'s before you can get your uniform.

- **Register on registermyathlete.com-**

To register in track, you must register on registermyathlete.com. We cannot let you run if you haven't done this. If you have any questions let one of the coaches know.

- **Physicals-**

(A-Form)- to participate you will have to get a physical done. If you already have one for another sport this year, you're good.

Download the Remind app

- **Fees- \$130**

\$91 district fee-\$20 non-region meets-\$19 Equipment; net, dirt, batons- you must pay this before you can get a uniform.

- **Safety-**

Don't do stupid things. We have no tolerance policy for people who mess around. If you are caught messing around, you will be kicked off the team!

- **Use your Common Sense-**

Make good decisions. Don't participate in events you aren't trained in.

- **Be a good sport-**

Have a good attitude! This is supposed to be fun, so treat it as such.

- **Parent Meeting- Mandatory Parent meeting Monday, February 5, @6:00**

Workouts and Practice

We are going to meet every day at 2:30, except on meet days. You can do the workout when school is over. It is crucial that you come every day! We want to see your smiling face here every day! We are going to let you know at the practice what we are doing that day, so come prepared for anything.

Injuries

You have got to take care of your body. AKA: drink plenty of water, eat good food, get plenty of rest the night before. We don't want to see anyone hurt, but we also understand things happen, if you notice anything weird happening with you, please, let us know so we can take care of it before anything serious happens. Stretching is a must before your workout and after. It will help prevent those injuries before they happen!