

## Track and Field Tryouts 2023

All student-athletes interested in participating in track and field during the 2023 season who are not competing in a winter sport, should currently be attending conditioning with Coach Yates and Coach Cash for Mid-Distance and Coach Fields for sprinting. Although not mandatory, your participation in conditioning indicates your commitment to be your personal best, and to the team. Please contact Coach Fields or Coach Yates if you are not aware of the conditioning schedules.

### Tryout Schedule

**When** – Tuesday (January 31), Wednesday(Feb 1) and Thursday (Feb 2<sup>nd</sup>)

**Time** – 4:15 pm – 5:30 pm (Wednesday at 3:15pm-4:30pm)

**Where** – Creekside Track

### Tryout for (Multi-Sports) Athletes in a current (winter) Sports (Basketball, Soccer etc)

**When** – Thursday (Feb 2<sup>nd</sup>)

**Time** – 2:15pm-3:30p

All Student-Athletes will fall into one of these four groups\*\*. If you need help determining what group you are in, please see Coach Fields

- 1- Past Sprinter/Jumper/Vaulter** – Sprinters/Jumpers/Vaulters on the team last year, JV and Varsity or sprinted for the striders last year.
- 2- Past Mid-Distance** - Mid-distance last year, JV and Varsity or ran Cross Country during the fall semester.
- 3- New to Track and Field** - New to track/running. Have no experience with us **or** was on the team last year and would like to be considered for a different training group – This must have the approval of Coach Fields.
- 4- Throwers**- All interested in being a thrower on the team. All throwers will throw both the discus and shot put this year.

\*\*if you are in a winter sport, your presence on Wednesday is necessary to be considered for a spot on the track team. You will be released as soon as possible. We are communicating this need to your winter sport coaches and will work with them on your availability. Please contact Coach Ricky Fields with any questions

### Tryout Schedule

Jan 31 Tuesday

Group 1 – with Coach Fields Sprinter timed trial

Group 2 – with Coach Yates for a 1600m timed trial

Group 3 – with Coach Fields or Coach Yates for Group 1 or 2 activity

Group 4 – with Coach Lambros for explosion test, brief technical overview, and shot put for measure

**Requirements to Tryout: All athletes must be cleared by Creekside Athletics department which includes having an updated Physical on EL2 form, EL3 Consent form, Pursuing Victory with Honor agreement and insurance information and done via [athleticclearance.fhsaahome.org](http://athleticclearance.fhsaahome.org)**

## [Athletic Clearance](#)

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[athleticclearance.fhsaahome.org](http://athleticclearance.fhsaahome.org)

The team will be selected by Thursday Night and rosters will be posted on Coach Lambros's door (Portable 25) on Friday morning.

## **CHS 2023 Boys and Girls Track and Field Coaching Staff**

Coach Fields – co-Head Coach – Training Group – Sprint, Hurdles, and High Jump

Cell Phone – 904-614-0149

Email – [creeksidetrackandfield@gmail.com](mailto:creeksidetrackandfield@gmail.com)

Coach Yates – co-Head Coach Training Group – Girls Mid-distance

Cell 614-327-3452

Email—[mandyccnr@hotmail.com](mailto:mandyccnr@hotmail.com)

Coach Lambros – Assistant Coach – Training Group – Boys and Girls Throwers

Email - [nicholas.lambros@stjohns.k12.fl.us](mailto:nicholas.lambros@stjohns.k12.fl.us)

Coach Berania – Assistant Coach – Training Group – Boys Mid-distance

Email – [bernard.berania@stjohns.k12.fl.us](mailto:bernard.berania@stjohns.k12.fl.us)

Coach Till – Assistant Coach – Training Group – Pole Vault

Email – [briantill@hotmail.com](mailto:briantill@hotmail.com)