

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 Berania and Coach Yates for Mid-Distance and Coach Fields for Sprinting. Although not mandatory, participation in conditioning indicates your commitment to be your personal best, and to the team. Please contact Coach Field or Coach Yates if you are not aware of the conditioning schedules.

In order to participate in conditioning and tryouts you must have completed the Athlete Registration process. All athletes must be cleared to participate before attending tryouts.

www.chs.stjohns.k12.fl.us/athletics/wp-content/uploads/sites/11/2022/05/2022-23-Athletic-Clearance.pdf

Tryout Schedule

When-Monday January 30-Friday Feb 3

There will be no after school tryout on Tuesday January 31st, due to the District Soccer Competition

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

Where- Creekside Track

Tryout for Multi-Sport Athletes who are in a current (WINTER) sport:

When-Friday Feb 3rd and Monday Feb 6th

Time--4:15pm-5:30pm

*If you are in a winter sport, your presence on these days is necessary to be considered for a spot on the track and field team. We are communicating this need to your winter sport coaches and will work with them on availability if a conflict arises. Please contact Coach Ricky Fields with any questions.

At Tryouts:

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 fall.
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 be approved by Coach Field.
4. Throwers – All interested in being a thrower on the team. All throwers will throw both the discus and shot put this year.

Tryout Schedule

January 30

Group 1 – With Coach Fields Sprinter Time Trial

Group 2 – With Coach Yates for Distance run (Coach Berania in AM for 1600m Time Trial)

Group 3 – With Coach Fields and Coach Yates to do either Group 1 or Group 2 activity.

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

The team will be selected on Friday February 3rd and Rosters will be posted on Coach Lambros' door, Portable 28 on Monday morning.

Coaching Staff-

Coach Ricky Fields – Co-Head Coach – Training Group- Sprinters, Hurdles, and High Jump

Cell phone-904-614-0149

Email – iphonericky39@yahoo.com

Coach Mandy Yates – Co-Head Coach – Training Group – Girls Mid-Distance

Cell phone – 614-327-3452

Email – mandyccrn@hotmail.com

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

Email – Nicholas.lambros@stjohns.k12.fl.us

Coach Berania – Assistant Coach – Training Group – Boys Mid Distance

Email – Bernard.Berania@stjohns.k12.fl.us

Coach Washington – Assistant Coach- Training Group- Sprint- Girls Long Jump

Email – 1johnathan.washington@gmail.com

Coach Hogan - Assistant Coach- Training Group- Sprint

Email – jordanhogan881@gmail.com

Coach Perez – Assistant Coach – Training Group – Girls Mid Distance

Email – heather.perez@stjohns.k12.fl.us

Coach Vanderzee – Volunteer Assistant Coach – Training Group – Mid Distance Boys

Coach Jordan Fields – Volunteer Assistant Coach – Training Group – Hurdles and High Jump

Coach Brian Till – Volunteer Assistant Coach – Training Group – Pole Vault

Coach Railey McFarland – Volunteer Assistant Coach – Training Group – Sprint (Media)

Coach Nate Perez - - Volunteer Assistant Coach – Training Group – Mid Distance Boys