



2023 O. Henry Track & Field

Join our 7th/8th Grade Team
Communication App!

- Download SportsYou
- Join our team with the access
code: YT5LXWUA
or use the QR code below:



Track & Field Coaches:

Payton McIntyre: AM Sprints, Distance, Hurdles

Patrick McNally: AM Sprints, Distance

Blake Miller: PM Jumps - Long, Triple, and High

Scott Gray: PM Sprints, Relays, Shot/Discus

Macie Cohen: PM Sprints, Relays, Shot/Discus



Please fill out our T&F interest form if you have not already:

Spring 2023 Track & Field Interest Form

Are you interested in being a part of the O. Henry track and field team this spring? Please fill out this form!

INTEREST FORM:
[BIT.LY/OHMSTRACK](https://bit.ly/OHMSTRACK)



SportsYou:

This is how your coaches will communicate practice schedules, meet details, rain checks, last minute changes, etc.
Please join!

You've been invited to join

OHMS Track & Field 2023

Use your **unique access code** below and follow the instructions.

Access Code

YT5L-XWUA

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**

Practice

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 7 - 8		Sprints Distance Hurdles	Sprints Distance Hurdles	Meet Prep	Shake out run
PM 4 - 5:15	Sprints Relays Field Events	Sprints Relays Field Events	Sprints Relays Field Events	Meet Day	

- Practices begin the week of March 3rd.
- 7th and 8th graders will practice together.
- You can choose which practices you attend. We recommend committing to a schedule.
- You must attend *at least 2* practices per week. We recommend 3.

Track Meets

We will have at least 3 “practice” meets before our Zone Championship Meet which will be held on **Monday, April 17th and Tuesday, April 18th.**

- ★ Athletes **MUST** participate in at least 2 practices per week to compete in a meet.
- ★ Athletes must attend at least 2 practice meets to be considered for the zone championship meet.

We do *not* have a finalized meet schedule from the district yet, but we will send it to you as soon as we receive it.

We have been told that our first meet will likely be the last week of March and that meets will mostly be held on Thursday evenings.

Athlete Expectations

(Athletic Contract in your packet)

- Be respectful to your teammates and coaches at all times
- Attend at least 2 practices per week (3 is recommended)
- Arrive to practice prepared and on time
- Wear shoes and clothing that are appropriate for working out
- Communicate with your coaches about practice/meet conflicts ahead of time
- Have FUN and work hard!

GO MUSTANGS!