


Batavia Bulldogs



Track & Field

Team Information

2010 Season

CHECKLIST FOR FIRST PRACTICE– FEB 3rd 2010

- Register in Athletic Office (*no more blue cards!*)**
 - Pay Fee \$90.00 (*payable to Batavia High School*)
 - Up to Date Physical
 - Your name will be placed on a registration list making you eligible

- Parent Permission Form**
(put in drop box or bring to 1st practice)

- Parent Worker Sign Up Form**
(put in drop box or bring to 1st practice)

- Sweats Gear Order Form** — *equipment will not arrive until later in February*
(put in drop box prior to **January 29th** to get in 1st order)

- Get Appropriate Clothing for COLD WEATHER** and bring it to practice
(Hat, Gloves, Sweats, Cold Gear, etc.)

- Get a locker in the either Varsity Locker Room and put a lock on it!**
Once winter sports have ended we will consolidate into main locker room
(NOTE: due to construction we may have to change locker rooms)

DROP BOX FOR FORMS
LOCATED IN ATHLETIC
OFFICE BY ATHLETIC
SECRETARY DESK.

First Practice– February 3rd, 2010 at 3:00 pm

Meet by LRC alcove area-have appropriate clothing & shoes-hydrate and eat!
You must be registered to practice

Sweats & Gear Order– not required that you buy gear-1st order **January 30th**
We will do an additional order after the first order– must be in drop box by 12:00 noon
Checks made out to Batavia High School– please do not combine with registration fee!

Meet Schedule & Parent Workers– we need parents help
Attached meet schedule for boys and girls teams
Volunteers are needed-especially for home meets– plan ahead now

Pre-Season Conditioning and Weight Room– now until Feb 3rd
If not in a winter sport meet with friends to run/lift Monday-Friday
We have things planned daily- strength training/core work/conditioning/
*We need you to have a **BASE** when we start the season*

WWW.BATAVIATRACK.COM

Athletes participating in Spring Sports must REGISTER

Athletes interested in participating in Spring Sports must REGISTER before practicing with the team. Please stop in the ATHLETIC OFFICE from **9 a.m.– 1p.m.** with the following items:

A copy of a current physical: Sports physicals are only good for one year from the date the doctor has signed it. Sports physical forms are available in the athletic office if you should need to update yours. **If you have already participated in a sport, please confirm this with Mrs. Holm.**

Cash or check for \$90 participation fee: Please make checks payable to **BHS**. If your child should not make a team they have tried out for, you will be refunded the participation fee. If they quit the team after season has begun there is no refund.

After these items have been turned in to Mrs. Holm, our athletic secretary, you will be registered for Track & Field at BHS. The Athletic Secretary will forward this list to the Coach on the first day of try-outs/practice

All Other Forms Return to Drop Box Located in Athletic Office

I NEED A PHYSICAL!! WHERE CAN I GET ONE QUICKLY?

Central Dupage Hospital Convenient Care Center
2900 Fox Field Rd St. Charles , IL 60174
630-377-6500
630-377-6577 FAX

All Athletes must be accompanied by parent/guardian to receive a sports physical.
The fee is \$25.00 The care center is open:

Monday through Friday 7:30 a.m. to 8:30 p.m.

Saturday and Sunday 8:00 a.m. to 6:00 p.m.

Please arrive one hour before close of business.