

Track & Field Tryout Information

Tryouts for the 2024-2025 Maitland Middle School girls' and boys' Track & Field teams will be held March 5-7. Tryouts will take place after school from 4:00 pm-5:30pm (Wednesday 3:00-4:30pm)

Tryout Dates and Times:

Sprinters: Coach Neff	Distance Runners: Coach Meewes
Thursday, March 6 = Girls' <i>ONLY</i>	Wednesday, March 5 = <i>Both girls & boys</i>
Friday March 7 = Boys' <i>ONLY</i>	Thursday, March 6 = <i>Both girls & boys</i>
Monday, March 10 = Girls & BOYS	Friday, March 7 = <i>Both girls & boys making cut.</i>
Shot Put: Coach Dowdy	
Wednesday, March 5 = <i>Both girls & boys</i>	
Thursday, March 6 = <i>Both girls & boys</i>	
Friday, March 7 = <i>Both girls & boys making cut.</i>	
Long Jump: Coach Singer	
<i>Long Jump Tryouts will take place once teams are selected and will only be open to those athletes making the team.</i>	

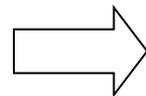
In order to tryout, you MUST submit your child's OCPS Athletic physical packet ONLINE ONLY at www.Aktivite.com
(We can no longer accept hard copies of physicals).

Expectations:

1. Be on time for tryouts and properly dressed. Proper dress includes the following: running or athletic shoes, socks, gym shorts, t-shirt, and water bottles
2. No gum or candy
3. ALL jewelry removed
4. Plan on being at all tryout dates
5. Students should always be listening and watching. You can learn the correct way to do something by watching others and listening to the coaches.

If you have any further questions, contact Athletic Director Kevin Neff at 407-623-1462 ext. 5172228 or Kevin.Neff@ocps.net. E-mail contact is preferred.

www.mmsAthletics.com



Track Preseason Training Information 2024-2025

Track Intramurals will take place every Tuesday and Thursday starting February 11 and ending March 4 from 4:00-5:00pm. Intramurals **IS NOT A TRYOUT** for the team. It is a chance for you to train and improve your speed and endurance, and get to run with other students at Maitland Middle. They also will help you determine what events are best for you.

Intramurals will consist of warm-ups/stretchers, training runs and timed events.

To participate:

To participate in the preseason workouts, you must have a completed pre-season Release Form turned in the first day you attend. See attached form.