Early Information for the 2021 Lassiter Track and Field Season

* Practice will begin on Monday 1/11
* You need to have a physical exam cleared in Parentvue in order to participate. Take care of this NOW. Do not wait until right before the season starts. You will have a hard time getting an appointment. If you were cleared for another sport in the fall, you will be cleared for the spring as long as your grades are good. You must pass 5 classes in the fall and be on track to graduate with your class.
* Sign Up for the Track and Field E-Mail List. There is a button for this on the website. Do this now so you don’t miss out on any information that comes available over the winter. Sometimes our emails go to a junk folder so check that if you aren’t getting anything from us.
* Reach out to an event coach if you know what you are interested in for winter training programs. We will have this ready for you around the time fall sports come to an end.
  + Distance Runners: [melissa.massey@cobbk12.org](mailto:melissa.massey@cobbk12.org)
  + Sprinters: [scott.freed@cobbk12.org](mailto:scott.freed@cobbk12.org)
  + Field Events: [alicia.rowan@cobbk12.org](mailto:alicia.rowan@cobbk12.org)
* If you are in a winter sport, that’s great! We love it when our athletes have many talents. You will need to completely finish your winter sports season and be released by that coach before you come to anything for track and field. This includes any conditioning workouts. Please just let us know that you are in a winter sport so we know to expect you to come out late. We wish you all the success in the world with that season and hope you go as far into the championship playoffs as possible.

That’s the big points for now. Join the email list so you can stay informed. We will be back again soon.

Go Trojans!

The Coaches