

Track & Field Tryout Information

Tryouts for the 2023-2024 Maitland Middle School girls' and boys' Track & Field teams will be held Feb. 26-28. 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
Monday, February 26= <i>Boys' ONLY</i>	Monday, Feb. 26 = <i>Both girls & boys</i>
Tuesday, February 27 = <i>Girls' ONLY</i>	Tuesday, Feb. 27 = <i>Both girls & boys</i>
Wednesday, February 28 = <i>Girls & BOYS</i>	Wednesday, Feb. 28 = <i>Both girls & boys making cut.</i>
Shot Put: Coach Dowdy	
Monday, February 26 = <i>Both girls & boys</i>	
Tuesday, February 27 = <i>Both girls & boys</i>	
Wednesday, February 28 = <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>	

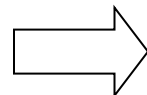
In order to tryout, you MUST submit your child's OCPS Athletic physical packet ONLINE ONLY at www.Aktivite.com
(We can no longer accept hard copies of physicals).

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 2023-2024

Track Intramurals will take place every Tuesday and Thursday starting January 30 and ending February 22 from 4:00-5:15pm. 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:

You MUST register for the (FREE) YMCA Afterschool program. We will meet in the cafeteria to check-in after school and then report to the Track.



REGISTER: ymcacf.org/school

QUESTIONS: Email MSP@cfymca.org



The YMCA of Central Florida will provide reasonable accommodation to students with disabilities, provided these accommodations do not pose an undue hardship on the organization or jeopardize the safety of other students or employees. Management reserves the right to make all program-related decisions on reasonable accommodations.