

INFORMATION SHEET

JPII FALCONS Indoor Track and Field Boys and Girls Teams

Welcome to the JPII Falcons Indoor Track and Field Team! There are 14 different track and field events during the indoor season to include, Distant and Sprint Racing, Hurdles, Shot-Put, Pole Vaulting, High Jump, Long Jump, Triple Jump, and more. Please contact the coaches at running@jp2falcons.org, for more information or if you are interested in a specific event. Below is some basic information to help you navigate the season (information is subject to change).

Practices: Start at the beginning of November. Practices are held after school, Monday-Friday from 3:45 to 5:30 and on Saturday at 8:00 am. Practices are at school, Indian Creek Greenway, Monte Sano, Redstone Arsenal Track or John Hunt Park. Coaches will communicate the weekly practice location on Sunday evening.

Varsity Team/Letter: Individuals that achieve at least one state qualification standard.

Equipment:

- **MUST** have a good pair of running shoes. Recommend purchasing running shoes from a running store (such as Fleet Feet) and ask to be fitted for a running shoe. Discounts are offered for student athletes.
- Track shoes with removable spikes or other shoes appropriate for the field event.
- If a runner, **HIGHLY** recommend a Garmin watch that will track miles and pace.

Meets: Held at the Birmingham Crossplex in Birmingham, AL (2337 Bessemer Rd, Birmingham, AL 35208). You will need to pay cash for parking and pay to get into the meet.

- **Season Meets:** The teams participate in approximately 4-5 meets a season, meets are typically on Friday and Saturday. Athletes must qualify for the State Meet by achieving the state qualifications standards. The standards are posted at the start of each season on Mile Split (see below). Runners who do not make it to the State Meet but will be competing in Outdoor Track are required to continue practicing with the team.
- **State Meet:** The first weekend (Friday and Saturday) in February is the State Meet. Coaches **can only send 2 athletes** per event (coaches' discretion).

Communication – Coaches communicate with the athletes and parents via the *GroupMe App*. Please ensure you are on the cross country *GroupMe*. The athletes have a separate *GroupMe* for informal communication. Athletes should be in both Groups to ensure information is not missed. You can email coaches directly at: running@jp2falcons.org

Volunteering – The team cannot function without the help of parents. The team needs parents to volunteer at the indoor meet. As a volunteer your admission is free, and you have the best view in the house to see your athlete compete.

Mile Split - Track your Runner: You can track your runner and the teams progress via Alabama Mile Split at: <https://al.milesplit.com/>. They also post great pictures.