



SHREVEPORT FORCE TRACK & FIELD 2024

Shreveport Force Track is organized under the Shreveport Home School Sports organization and board, being subject to their rules and regulations. Please read over the policies. You can find them at www.shreveportforce.com.

AGES

Shreveport Force Track is for homeschooled students currently in 6th-12th grades. (Middle school team: 6th (or 11yo) -8th grades. High school team: 9th-12th grades.)

WHAT IS TRACK & FIELD?

Track and Field is like "Field Day" on steroids. Athletes may compete in field events such as throwing events (shot put, discus, javelin) or jumping events (high jump, long jump, triple jump). They may also compete in running events. Sprinters typically compete in the 100m, 200m, 400m, relays, or hurdles. Distance runners compete in the 800m, 1600m, 2400m, and/or 3200m.

PRACTICES

Beginning Tuesday, Jan 30 at Bossier High School (777 Bearkat Dr)

Tuesdays & Thursdays 4:30-6:00pm

Saturdays 9:00-10:30ish am (Bossier High OR Airline HS. Will be announced each week on TeamApp.)

MEET SCHEDULE

FULL TEAM- Saturday, Mar 9, Force Invitational, Airline HS, Bossier (TENTATIVE)

MS ONLY- Tues, Mar 19, Brook Hill School, Bullard, TX

HS ONLY- Thurs, Mar 21, Brook Hill School, Bullard, TX

MS ONLY- Tues, Apr 2, Brook Hill School, Bullard, TX

HS ONLY- Thurs, Apr 4, Brook Hill School, Bullard, TX

FULL TEAM- Sat, Apr 6- ACEL Regionals- Airline HS, Bossier

FULL TEAM (Qualifiers)- Sat, Apr 20- ACEL State, Tioga, LA

FULL TEAM- Wed/Thurs, May 8-9 Homeschool Nationals, Bolivar, MO



PRACTICE REQUIREMENTS:

If you are unable to attend a practice, please text Coach Eric (318-376-4671) or Mrs Amy (318-680-8787). Not showing to practice without notifying leadership is unacceptable.

If you are already committed to another sports team (ie: Force Basketball), you should make those practices and games your priority. However *** if there is no direct conflict with a practice or game, you need to attend track practices. Being tired is not an excuse to not make a track practice. ***

****Commitment to being at practices (and being on time for practices) is of utmost importance. Athletes who want to participate in track meets must show dedication and faithfulness to practices.***

MEETS

We aim to have 6-7 meets (per team) on the calendar this year. Most meets will be within a 2-3.5 hour drive of Shreveport, with the exception of Nationals. It is important that you attend every meet unless there are unavoidable circumstances or illness. Every member plays an important role on the team when it comes to the team's overall performance and team morale. (Nationals is somewhat of an exception as we know not everyone can commit to make such a long trip.)

DRESS CODE

Please come to practice in comfortable athletic attire and proper running shoes. Keep in mind that we are a co-ed team and boys and girls will be working out together. We encourage athletes to layer bike shorts under their running shorts if needed. If we can see cheeks when you bend over, you'll be asked to change. Guys, we will keep our shirts on at practice even on hot days.

ATTITUDES

Please come to practice with a positive, can-do attitude! Track is a tough sport! But it can be fun when everyone comes with an encouraging attitude and members of the team support and build each other up. Negative attitudes are contagious. Leave the complaining at home!

AT-HOME WORKOUTS

Since we will only meet for three practices per week, daily workouts will be given to the team to be done on their own at home. The athletes are responsible for making sure to get their workouts in. It will make a huge difference in their performance!



PHYSICAL/MEDICAL RELEASE

Each athlete will need to have a physical exam. If they have already had one this school year, that will suffice. Forms can be printed from: <http://www.theacel.com/forms.html>. These need to be turned in before the first meet.

COST

\$220 for the first athlete in the family. **\$200** for other athletes in the same family. This covers a team tshirt, uniform rental, team entrance fees for the meets, and field event equipment. Registration form (<http://www.shreveportforce.com/sports/track-and-field/>) and fees are due by **Feb 24**. Athletes will not be issued a uniform or registered for meets unless they have turned in the registration form and paid their fees.

FAN SHIRTS

We will be ordering t-shirts for parents, siblings, friends, and athletes to wear to support our team. The cost of the athletes' shirts is covered in their registration fees. We will post about ordering those in the next few weeks.

ATHLETES ARE RESPONSIBLE FOR PURCHASING THEIR OWN:

*good pair of running shoes (we recommend having a foot/gait evaluation at Sportspectrum or Run Wild, even if you do not intend to purchase from them)

*distance runners need a watch with a stopwatch function (you can get these at Walmart or Academy for about \$10). It does not make Coach Eric a happy camper when the runners show up with bare wrists!

*spike shoes (for sprinters and middle-distance runners; optional for longer distance runners)

What we need from you when joining the team

1. Registration form from: <http://www.shreveportforce.com/sports/track-and-field/> (Print, fill out, and turn in.) Due ASAP
2. Medical Release Form: <http://www.shreveportforce.com/download/118/> or https://www.theacel.com/uploads/3/7/6/1/37612253/medical_history_form.pdf (Print, fill out, and turn in.) Due Mar 5
3. Birth certificate, scanned and emailed to track@shreveportforce.com (if you've sent in your birth certificate in the past, we should not need it again.) Due Mar 5
4. Registration fee (Can be earned through fundraisers. Money needs to be turned in by February 25.)



TEAM COMMUNICATION

1. Please download the app called "Team App" and search for "Force Track and Field". The meet calendar will be posted there and announcements will be sent out that way. Parents AND athletes are encouraged to get the app.
2. If you are on FB, we will get you added to our private team page. We post announcements, forms/files, and lots and lots of pictures here!

FUNDRAISERS

- LAP-A-THON – Feb 17
- T-SHIRT AD SPACE – sell ad space to businesses for the back of our fan shirts. Ad info and money need to be turned in by **Feb 17**

***Money raised can be applied to registration fees. But even if you meet your registration costs, we encourage you to keep getting sponsors and go above and beyond your obligation to help support the team's extra expenses!

ACEL Rules Regarding Homeschool Participation (these restrictions apply mainly to the two ACEL meets).

- 2.5. All participating schools or associations must require each ACEL student-athlete to take one Bible course for credit each academic year.
- 2.6. For the purposes of participation on an ACEL home education athletic association team, a homeschool student-athlete must spend 51% of their class time in the home setting, unless the student-athlete is a graduating senior, in which case he or she may spend up to 66% of their class time outside the home setting. Any student taking classes through a state approved public school, virtual school, charter school, or any blending of such that will result in the student receiving a diploma from such school, does not meet the definition of an ACEL homeschooled student.