



Future Bears:

Thank you for your interest in Bartram Trail Track & Field. Listed below you will find important information and dates concerning competing for the Bears. Track & Field is the original athletics and an excellent test of the human spirit; it teaches discipline and hard work while exposing you to all the glory of the individual competition arena. Participating in track & field is a privilege, and it requires a lot of hard work. You will be expected to give your best effort in all that you do. If you are truly interested in being a Bartram Trail T&F athlete, you must commit and buy-in. That means you must be a serious student and understand everything we do on the track is an extension of the classroom. It also means you must do something every day to make yourself better so you can make the team better. Pursing excellence is the minimum expectation.

Athletic Physicals and Registration

Every student/athlete must complete their Athletic Clearance to participate in any pre-season or regular season activities. This involves a number of items but most importantly requires an updated medical physical. All the information on Athletic Clearance can be found on the main BTHS Athletics webpage: <https://www-bths.stjohns.k12.fl.us/athletics/>

Summer Activities

We encourage all our track & field athletes, including incoming 9th graders, to participate in one of three options over the summer.

1. The Bartram Trail summer Strength, Speed and Agility Camp. The brochure is available on the BTHS Football web site.
2. The Black Bear Track Club. This gives a more track & field specific experience. Info can be found at www.blackbeartrackclub.com.
3. Participate in cross country conditioning with the BTXC teams. Information can be found on the BTHS Cross Country website.

Tryouts for the varsity and junior varsity track & field teams will be held at BTHS usually during the last week of January. More information will be distributed throughout the late fall.

I look forward to working with you,
Coach Frank

HUMILITY PASSION UNITY SERVANTHOOD THANKFULNESS

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