**OTHER INFORMATION – TRACK & FIELD 2023**

**COMMUNICATION**

* Coaches will communicate with parents & athletes through the **Remind App**
* To receive text messages on daily track & field schedules, updates, & announcements do the following. ***Please only have one parent OR athlete subscribe.***
  + **Text this number: 81010**
    - **Text this message: @93bfhc**

**TRANSPORTATION HOME FROM MEETS**

**\*QR CODE FOR BUS RELEASE FORM:**

* If athlete will NOT be riding the bus back to South Davis after the meet concludes, ***a parent/guardian is required*** to fill out the form located on the Track & Field page of the South Davis website (see steps below) – ***Form needs to be filled out before the conclusion of the meet***
* Form needs to be filled out for each meet that athlete is NOT riding the bus back to South Davis
* If form is NOT filled out before the meet ends, athlete will be required to ride the bus back to South Davis

***\*Steps to form: South Davis webpage (https://southdavisjr.davis.k12.ut.us) - Activities - Athletics - Track and Field***

**PHYSICALS**

* Physicals need to be completed & uploaded to Register My Athlete by the first day of practice – physicals are valid for 365 days, but CAN NOT expire during the season
* If athlete has already had a physical within the past 365 days, and physical will not expire during the season, they do NOT need to get another physical – upload a copy of your physical to Register My Athlete
* If you do not have a copy of your physical, call your physician and see if you can go pick one up – let them know it is for high school athletic participation
* If you can’t get a copy of your physical or see your regular physician in time, some clinics do walk-in sports physicals, no appointment needed – call nearby clinics & ask if they do walk-in sports physicals OR go to one of the clinics listed below:
  + Medallus Medical: 1868 N. 1200 W., Layton, UT 84041
    - Phone: (801) 614-2772 / Monday through Sunday 9 AM – 7 PM
  + Ogden Clinic: 991 W. Shepard Lane, Suite 200, Farmington, UT 84025
    - Phone: (801) 397-6080 / Monday through Friday 8 AM – 5 PM