

How do I register? Pay? Get signed up?

Link here: <https://sunset.beaverton.k12.or.us/athletics/athletic-registration>. Additional questions regarding registration should be directed to the athletic office at the school.

When do I have to have payment submitted?

The athletic office asks for payment to be submitted before participating. Scholarships are available. Please contact the athletic office with questions.

Freshman only pays for one season the entire year. As a freshman if you have already paid for a fall/winter sport you don't need to pay the athletic fee for track in the spring.

Are there tryouts?

No. We are a no-cut sport. However, you may need to meet certain requirements to compete in more challenging events (ex. pole vault, hurdles, throwing events, 3000m).

Where do track practices take place?

Every practice begins and ends on the Sunset track (southwest corner of campus). If a practice begins with a meeting, inclement weather could move us inside. Meeting locations are communicated in writing at the 3-hall doors that exit toward the track and on the workout boards, at the end of 3-hall and on our Instagram Story @apollostf

What do I wear to track practice?

Dress comfortably in general workout attire. All athletes should have a bag with their name clearly printed on it as many bags look the same. Other obvious adornments to distinguish your bag from others are helpful, too.

It is better to be prepared for colder and wetter weather every day, bringing dry clothes to change into.

Sprinters and jumpers should be in the habit of bringing their spiked racing shoes to practice every day.

Where do I change my clothes?

The school's locker rooms are open after school.

Where can I store my school backpack and other things during track practice?

Many athletes will place their items under the pavilion. We don't encourage this. Items left outdoors are not safe from weather or from theft. We encourage athletes to have a school locker inside the hallways where they can safely store and lock their things during both the school day and practice. These lockers are also never behind locked doors, unlike locker room lockers which are very often behind locked doors during the school day.

Lockers in the locker room will be issued to interested athletes most likely during the 2nd week of practice.

Is there a uniform?

Yes. Uniforms are loaned to athletes for the season. Please take care with these. They hang dry quickly. **DO NOT WASH** with stickers affixed. Uniforms not returned at season end are subject to a replacement fee. Please report damaged items ASAP. It is highly unlikely that your damaged item will incur a replacement fee.

Will there be t-shirts and sweatshirts to purchase this spring?

Yes. Details coming shortly.

Why is the rules document so long?

It's mostly about attendance. Attendance matters on our team.

What do I do if I have to miss practice?

This answer is in the [Rules and Expectations](#) document.

What is the last day to join?

March 11th 2024

Do I need to buy special shoes?

Everyone needs good supportive running shoes. These are the first line of defense against injury. Everyone will feel faster and be faster in racing shoes. These are not a requirement for participation.

If cost is an obstacle to purchasing racing shoes, see Coach Ford. We keep a closet of gently-used shoes to loan for the season.

What does practice look like?

It depends on the event(s) you train for. Finding a coach and describing your specific interests is the best way to get an answer to this question.

What do meets look like?

They are a 3-ring circus. Track and field events are contested in adjacent areas at the same time. A schedule can be found on our [athletic.net website](#). All Sunset athletes stay at the meet until its conclusion.

How long is practice?

It depends on the day and your event. A sprinter who doesn't compete in field events can have practices as short as an hour though some days will last almost two hours. Distance runners often need up to 2 full hours. Throwers, too. Regardless of discipline, we aim to conclude inside of 2 hours. Some athletes may choose to stay longer for self-care and therapy. Please don't make plans for being dismissed before 5.

What do I do if I get injured?

The first step in injury is to communicate with your coach at practice. Coaches will advise on next steps which could include talking to our athletic trainer.

If you notice the ache or pain on the evening after practice, please attend on the next day of practice to communicate with your coach. Please do not self-excuse yourself from practice due to aches and pains.

Any athlete who sees a doctor for a sports-related injury during our season MUST have a release note from the doctor clearing their return or they will not be allowed to participate. Our trainer will advise an athlete if a doctor's visit is a valuable or necessary intervention.

What if I attend a magnet school?

If Sunset is your "home" school, then you can participate on the Sunset Track team. If an issue arises with transportation to a meet, communicate with coaches. Otherwise, your participation is no different than a student who attends Sunset.

What if I am in MUN?

Model UN meets Thursdays, usually from 2:40-3:15 or 3:30. Track athletes should arrive to MUN already dressed for practice so that they can head directly from a meeting to practice.

Delegates (regular members) will find that they will not be required to attend all MUN meetings. Board members must attend most MUN meetings.

What if I have a question that isn't on this list?

Please [email Coach Ford](#) and we will get it added.