

2025 TKA Knights Track and Field Information

REGISTRATION: 11/13/24 – 12/2/24 – THIS IS A HARD DEADLINE FOR REGISTRATION AND UNIFORM ORDERING. Registration is required.

High School: <https://registration.teamsnap.com/form/17191>

Middle School: <https://registration.teamsnap.com/form/17196>

Uniform Store: <https://the-kings-academy.square.site/shop/track-field/7>

Athletes are responsible for ordering their uniform. New Track athletes are required to order a singlet & shorts. Purchase of a hoodie and warm up pants is optional. Returning athletes may order replacement items as needed. Uniform orders are non-refundable. **THE UNIFORM STORE WILL CLOSE DECEMBER 2ND.**

PRACTICES: All practices are Mandatory

- When: 4:45 – 6:45PM Mondays, Tuesdays, Thursdays and Fridays
- Where: Kell High School Track
4770 Lee Waters Rd, Marietta, GA
- Start: MIDDLE SCHOOL – Tuesday, January 21st
VARSITY - Monday, January 27th

SPORTS PHYSICALS & FORMS

Students are REQUIRED to have a current physical form on file in the Athletic Department prior to participating in evaluations that indicates that the student is physically approved for participation. If you are unsure whether your physical is current, please contact Roni Redd rredd@thekingsacademy.org

Participants must turn in the following forms to the Athletic Department prior to the first practice. All forms can be found at <https://www.thekingsacademy.org/athletics/Forms.cfm>

Submit Annually

- Pre-Participation Physical Evaluation form (current and signed by a physician; not a camp physical form). GIAA form if HS; GAPPS form if MS. Physicals after 4/1/24 will be good for the entire 2024/2025 school year.

ATTENTION: NEW FORMS FOR HIGH SCHOOL ATHLETES:

- HS: GIAA Student/Parent Concussion Awareness Form
- HS: GIAA Student/Parent Sudden Cardiac Arrest Awareness Form
- HS: GIAA Student/Parent Heat Policy Awareness

Submit One Time

- Birth Certificate (New athletes only)
- High School Affidavit of Eligibility (New HS athletes 9-12th)
- Middle School Affidavit of Eligibility (New MS athletes 6-8th)
- MS: GAPPS Concussion Acknowledgement Form (New athletes only)
- MS: GAPPS Sudden Cardiac Arrest Awareness Form (New athletes only)
- HS AES: Senior Exit form (AES seniors only)

AES/HOMESCHOOLED ATHLETES MUST BE APPROVED PRIOR TO TRYOUTS:

- Refer to separate AES Approval Process Document (also found on forms website).

PARTICIPATION FEES

HS and MS Students: \$475

- Uniform & warmup NOT INCLUDED (There is a separate link for anyone needing to purchase a uniform – these are the same uniforms as last year. Orders are non-refundable.)
- Participation fee includes: competing in all meets and practice facilities, professional photos (individual and team), backpack, sports banquet

All registrants may either pay in full via ACH or Credit Card or select the payment plan: \$75 due at checkout followed by 4 equal monthly payments. Your credit card will be automatically charged the same day each month until all installments are completed.

COMMUNICATION

- Participation in practices and track meets is MANDATORY.
- Only one track meet can be missed due to a valid excuse. Valid excuses (ie: Injury, sickness, death in the family, etc) for missing practice and meets will be honored.
- Athletes involved in other school activities that will interfere with practices or meets should make coaches aware in advance.
- Issues of concern should be addressed with the Head Coach first before speaking with the Athletic Director
- We will do the majority of communication through TeamSnap
- We will do our best to communicate change of practice plans due to weather by 2 pm for days in question

VARSITY LETTERING REQUIREMENTS

1. Participate in all practices
2. Compete in 4 meets
3. Maintain good character and good academic standing
4. The Head Coach makes the final decision

THIS IS NOT UPWARD

- Everyone makes the team but the athletes with the best measurements and time will be placed first in events.
 - If the meet allows 4, then the best 4 will participate in the event. If only three, then the top three, etc.
 - The goal is always to encourage and equip all the athletes to improve and meet the required expectations for the events in which they are striving to compete.
 - Every athlete has equal opportunity to work hard and meet goals that could allow them to pass another athlete by and earn their spot in the top tier.

TRAINING EXPECTATIONS

- EVERY athlete will be required to condition with their team during every practice regardless of their personal events
- Christ-like behavior at all times - language, music, interactions, how we present ourselves and our school every day and at every meet
- Coaches are not at practices to babysit or force any athlete to participate

VOLUNTEERING

- Every Family must volunteer in some capacity or be charged an extra \$150 at the end of the season (See Volunteer Coordinators for opportunities)

MEET SCHEDULE

MIDDLE SCHOOL

2/28/25 (Fri) – Morgan County, Madison, GA
 3/6/25 (Thurs) – Eagles Landing, McDonough, GA
 3/13/25 (Thurs) – Cartersville
 3/21/25 (Fri) – Bill Thorne Invitational, Fairburn, GA
 3/26/25 (Wed) – Greater Atlanta Christian, Norcross, GA
 4/12/25 (Sat) – GAPPS State Championship, TBD

VARSITY

2/22/25 (Sat) – Forsyth Central
 2/28/25 (Fri) – Morgan County, Madison, GA
 3/8/25 (Sat) – Creekview Invitational
 3/15/25 (Sat) – Rome Invitational
 4/16/25 (Wed) – Creekview Last Chance
 4/23/25 (Wed) – GIAA Regional, Monroe, GA
 5/1–5/3/25 (Thurs–Sat) – GIAA STATE, TBD

Optional 5K Races:

Nov 23 - <https://acworth-ga.gov/parks-recreation-and-community-resources/acworth-turkey-chase/>
 Dec 15 - <https://raceroster.com/events/2024/89975/run-santa-run-atlanta>
 Jan 11 - <https://www.fivestarntp.com/races/chilly-willy-5k%2F10k%2Fhalf-marathon>
 Feb 2 - <https://hotchocolate15k.com/city/atlanta/>

COACH & TEAM COORDINATOR CONTACT INFORMATION

Josh Sherwood
 Head Varsity Coach (Jumps & Throws Coach)
Jsherwood@gmail.com
 404-219-9013

Caleb Bass
 Hurdles Coach

Tia Brown
 MS Head Coach (Sprints Coach)

Brandie Fenton
 Strength & Conditioning Coach

JJ Johnson
 High Jump Coach

Mike Kovak
 Long Distance Coach

Anna Kate Stubbs
 Sprints Coach

VOLUNTEER COORDINATORS

Contact Coach Josh Sherwood if interested in one of these Volunteer positions needing to be filled.

Varsity Team Coordinator
 Middle School Team Coordinator