

# PKMS Track and Field Information 2025

## Who is eligible to participate?

- 7th and 8th graders are encouraged to join the PKMS Track Team.
- Academic eligibility (passing all classes)
- Up to date physicals should be uploaded to [Big Teams](#)
  - Go to the [Pleasant Knoll Athletic Website](#)
  - Click [Registration](#)
  - If you have an account enter username and password and log in
  - New users create an account and upload all documents

## Athletic Fee:

- ALL student-athletes must pay a \$100.00 athletic fee.
- The athletic fee needs to be paid through the <https://www.studentquickpay.com/fort-mill/> when students register.

## What are the goals of our track and field program?

1. To learn the basics of track and field
2. To develop positive sportsmanship
3. To develop positive relationships with others
4. To develop and practice self-discipline
5. To develop team building skills
6. To strive for personal bests
7. To win boys and girls CHAMPIONSHIPS

## Practice:

- First day of practice Monday, February 3rd
- Time: 3:25-5:00
- **Transition off the track beginning at 4:45**
- Saturday Squad (Coach Mull)

## Pick-up Location:

- Parents should arrive before 5:00
- All athletes should be picked up on the service road outside the gym at 5:00.
- No cars are permitted to park on the road leading to the track.
- Chronically late pickups could result in dismissal from the team

### **Expectations for all athletes**

- All athletes will wait in their 7th period class until the 3:10 bell rings before heading to the cafeteria.
- All athletes will **SIT** and **WAIT QUIETLY** in the cafeteria until a coach arrives
- No technology should be out
- After a coach has arrived change into practice clothing immediately
- Once changed, report immediately to the bleachers near the track
- Practice begins at 3:25. If you arrive at 3:25, you are late. On time=early.

### **Technology**

- All phones, headphones, and earbuds must remain in your bags during practice. No exceptions
- Watches are permitted for timing/pacing yourself
- Check the weather prior to each day's practice.

### **Track Information Google Form**

- Complete the Google form prior to February 3ed  
<https://forms.gle/ybGgTHqjvkFNCn3r8>

### **Track Meets:**

- Wednesdays at 5:00 throughout the season.
- Check Schedule/Website for locations

### **What should I bring with me to practice?**

- All athletes should wear clothing that is appropriate for weather conditions.
- Work-out clothing should include shorts, t-shirts, sweat pants, hoodies, etc.
- Closed toe running shoes and socks (**No basketball shoes, Crocs or Slides**)
- All athletes should check the weather each day prior to practice.
- Athletes should have a backpack to keep up with all personal belongings.
- Athletes should also bring a full water bottle with them daily.
- Over the next few days, information will be sent home explaining how to purchase Knighthawk Track gear.
- **Spikes: Only 100m, 200m, and relay event participants need to purchase spikes.**

***If you have any questions or concerns, please do not hesitate to contact us at:***

Boys Head Coach: Anthony Toms [tomsan@fortmillschools.org](mailto:tomsan@fortmillschools.org)

Girls Head Coach: Larry Mull [Mull@fmsdmail.org](mailto:Mull@fmsdmail.org)

PKMS Athletic Director: Richard Hilton [hiltonr@fortmillschools.org](mailto:hiltonr@fortmillschools.org)

# PKMS 2025 Track Schedule

2025 FMAC Track			
DATE	SITE	HOST SCHOOL	TEAMS
<b>Wednesday, March 05</b>	Pleasant Knoll	Pleasant Knoll	Banks Trail / Gold Hill
	Springfield	Springfield	Fort Mill
	Forest Creek	Forest Creek	Indian Land
<b>Wednesday, March 12</b>	Indian Land	Indian Land	Fort Mill / Gold Hill
	Springfield	Springfield	Banks Trail
	Pleasant Knoll	Pleasant Knoll	Forest Creek
<b>Wednesday, March 19</b>	Pleasant Knoll	Fort Mill	Pleasant Knoll
	Indian Land	Indian Land	Banks Trail / Forest Creek
	Springfield	Gold Hill	Springfield
<b>Wednesday, March 26</b>	Pleasant Knoll	Pleasant Knoll	Indian Land / Springfield
	Forest Creek	Gold Hill	Forest Creek / Fort Mill / Banks Trail
<b>Wednesday, April 02</b>	Forest Creek	Forest Creek	Springfield / Gold Hill / Pleasant Knoll
	Springfield	Banks Trail	Indian Land / Fort Mill
<b>Wednesday, April 09</b>	Indian Land	Indian Land	Gold Hill / Fort Mill
	Forest Creek	Forest Creek	Forest Creek / Banks Trail / Pleasant Knoll
<b>Wednesday, April 16</b>	Pleasant Knoll	Pleasant Knoll / Gold Hill	Conference Meet
			Top 10 times/scores for each event
			School picks 2 more representatives for running and 1 for field events
Start Date: February 3rd			
Scrimmage Start: February 10th			
Games Start: March 3rd			
Last Contest: April 26th			
Spring Break: April 21-25			

