



2008-2009 TEAM TRYOUTS

SPRINTS, JUMPS, HURDLES & LONG SPRINTS (400, 800)

The tryout will take place over a span of 5 practices on the following days: Wednesday September 3rd, Friday September 5th, Monday September 8th, Wednesday September 10th and Friday September 12th. All practices will start at 2:10pm at the Melvin "Bus" Shimek Memorial Track & Field Facility. Persons trying out must attend each tryout date to be considered for a spot on the team. Persons trying out will take part in workouts along with current members of the MU Track & Field team. The coaching staff will consider each person's performance in workouts as well as their performance in an event trial on Friday September 12th when considering them for a roster spot.

THROWS

Tryouts for the THROWS will take place during the week of September 8-12. Each person trying out will be given 2-3 individual throwing sessions that must be arranged with Coach Koening by contacting him at 414-288-5787 (office) or michael.koenning@mu.edu.

DISTANCE

There will be NO TRYOUT for DISTANCE EVENTS (XC, 1500, MILE, 3000, STEEPLECHASE, 5000, 10000). Cross country is already in season and the roster is set for the track and field season.

Paperwork

Persons trying out must complete the following tasks 2 working days PRIOR TO the first day of the tryout.

1. Tryout Waiver (if you are not yet 18 you need your parent to sign)
Women: Contact Ellie Rozumalski (elizabeth.rozumalski@marquette.edu)
Men: Contact Aaron Doering (aaron.doering@marquette.edu)
2. NCAA Drug Testing Form (if you are not yet 18 you need your parent to sign)
Contact Jaime Erickson (jaim.e Erickson@marquette.edu)
3. Copy of your Marquette ID card
4. Copy of Insurance card to Athletic Training Staff
5. Class Schedule

Persons trying out are recommended to complete the following tasks prior to the tryout (in the event that you make the team, the following must to be complete before you can resume practice with the team after September 12th).

1. Register with and be cleared by the NCAA Eligibility Center
2. Have a physical from your home doctor and complete medical paperwork.

Questions

Sprints / Jumps / Hurdles / Long Sprints: Contact Head Coach Bert Rogers
414-288-5106 (office) or bert.rogers@mu.edu

Throws: Contact Associate Head Coach Mike Koening
414-288-5787 (office) or michael.koenning@mu.edu