

# PANTER TRACK & FIELD

## Track Athlete Things to DO!

**All Athletes must complete the following before they can compete.**

1. **Complete Rankonesport.com (Only if you WERE NOT! in a Fall Sport).**
  - Review Rankonesport.com documents to access website and complete **ALL** forms and you and parent sign.
2. **Complete Physical: \$20.00 (Only if you WERE NOT! in a Fall Sport).**
  - Access Medical 10701 N. Rockwell and Hefner Ph. 470-1500
  - Putnam City North Medical Clinic 11220 N. Rockwell Ph. 722-9274
3. **Complete Drug Form and Hand IN completed and signed** to coach Miller. Coach Mitchell or Asst. Coach
4. **Download Team BAND APP** on Phone in APP Store. It's **FREE! (Required)**
  - **Accept:** Text Message Link to join Panther Track & Field BAND or SCAN the QR Code below. **"Share Link with Parents to have them Join"**.
5. **Review:** Panther Track & Field Athlete Handbook on Phone or get a Copy of Handbook @ pcnpanthers.com boys and girls track team tab.
6. **Code of Ethics, Panther Track Packet Handbook Document READ! , SIGN!** & return form to Coach Miller, Coach Mitchell or Asst. Coach Athlete and Parents must sign document.
7. All documents above need to be completed before you can compete.

### Head Boys and Girls Coach Contact Info.

Email: [JohnM@putnamcityschools.org](mailto:JohnM@putnamcityschools.org) , Cell: 405-863-0819

Email: [Dmitchell@putnamcityschools.org](mailto:Dmitchell@putnamcityschools.org), Cell: 405-312-9383

### **BAND APP: PANTHER TRACK AND FIELD COMMUNICATION APP! REQUIRED**

**SCAN** QR Code to **JOIN** Panther Track and Field:



QR SCAN CODE

