



CMS Track



Track practice will start Monday, February 12th, @7:00 AM, cafeteria doors will open at 6:45 AM

***Dress accordingly, layers are best**

***You must have a physical completed by a doctor and Rank One forms filled out online in order to participate.**

If you have any questions, please email the track coaches

Boys: jason.ragsdale@rockwallisd.org

Girls: jonah.allen@rockwallisd.org

***sportsYou: sportsyou.com - click “get started” and enter your email. Confirm email - enter access code LBAP-F5SB to receive Cain Track and Field announcements and reminders.**

Rank One Instructions



Student Name: _____

ID: _____

www.rankonesport.com



Click on the tab at the top that says "For Parents"

Click on "Fill out electronic forms"

***Make sure all areas are filled out before uploading physical. Pay attention to highlighted sections.**