



SLHS TRACK & FIELD



All athletes are invited to join the track team, which values students who excel academically as well as athletically. We expect our athletes to show respect, pride, and dedication by following instructions, maintaining good attendance, and demonstrating a positive attitude.

Our athletes regularly compete at top Florida venues, including USF, IMG Academy, University of North Florida, University of Florida, and Florida State. We aim to participate in competitions outside Pasco County to face strong opponents from across the state.

Sunlake Track Credo

- Stay positive
- Respect coaches and teammates
- Train safely
- Avoid expletives

In Order to Train/Compete in Track:

Athletes are required to complete paperwork and obtain a physical prior to participation.

www.athleticclearance.com

****Athletes must maintain a 2.0 (accumulative) GPA in order to train and compete****

2026 Important Dates

- **First Practice:** January 19th
- **Probable First Meet:** February 7th
- **Conference Meet:** TBD
- **District Meet:** End of April
- **Regional Meet:** Beginning of May
- **State Meet:** May 9th at UNF

Follow Our Social Media:

X → Sunlake Track & XC@reeves_coach

Instagram → Sunlake.distance

SUNLAKE ATHLETICS

Online Athletic Clearance

1. Visit AthleticClearance.com. Click on the Florida Picture
2. Click on "[Create an Account](#)" and follow steps. Or Sign-in if you have previously created an account. Watch tutorial video if help is needed.
3. **Register.** PARENTS register with valid email username and password
4. Login using your email address that you registered with
5. Select "[Start Clearance Here](#)" to start the process.
6. [Choose the School Year](#) in which the student plans to participate.
Example: Football in Aug 2022 would be the 2022-2023 School Year.
[Choose the School](#) at which the student attends and will compete for.
[Choose Sport.](#) *You can also "Add New Sport" if a multi-sport athlete. Electronic signatures will be applied to the additional sports/activities.
Please select all the sports you wish to tryout for.
7. Complete all required fields for Student Information, Educational History, Medical History and Signature Forms. (If you have gone through the AthleticClearance.com process before, you will select the Student and Parent/Guardian from the dropdown menu on those pages)
8. Once you reach the **Confirmation Message** (if your school uses it) you have completed the process.
9. All of this data will be electronically filed with your school's athletic department for review. When the student has been **cleared for participation**, an email notification will be sent.

Questions? Go to Support.AthleticClearance.com and submit a ticket.



If you have any questions / concerns, → please feel free to contact Coach Randal Reeves Randal.reeves@gmail.com

TRACK ACCOMPLISHMENTS

Girls

- Conference Champs: 2018, 19, 21, 22, 23, 24, 25
- District Champs: 2017, 18, 19, 21, 22, 24, 25
- Regional Runner-Up: 2018, 19

[2020 was Covid...]

State Champions

- Daniella Vance - Javelin 2021
- Alex Pena - 1600m 2023

FHSAA Website:

<https://fhsaa.com/sports/track>

Pasco County East Conference

Cypress Creek
Land O'Lakes
Pasco
Sunlake
Wesley Chapel
Wiregrass Ranch
Zephyrhills

Boys

- Conference Champs: 2018, 19, 22, 23, 24, 25
- District Champs: 2018, 19, 23, 24, 25
- Regional Champs: 2019
- Regional Runner-Up: 2021

Pasco County West Conference

Anclote
Fivay
Gulf
Hudson
Mitchell
River Ridge