

ONE TRIBE



TRACK & FIELD

WANDO Track & Field INFO 23/24

1. Each athlete will have to get a physical dated after April 1st 2023 on our [PHYSICAL FORM](#) then upload that physical into planet high school.
2. Each parent and athlete will also have to create a planet high school account that link together to complete all of the necessary forms and upload birth certificate etc. See document [PLANETHS](#)
3. ATHLETES - Please fill out google form as well = <https://forms.gle/XdwsaAxqfy5aGs3T8>
4. PARENTS - Please fill out google form as well = <https://forms.gle/4YxmiYKUGYDFUQAH6>
5. Athlete REMIND code is = @wandotr24
6. Parent REMIND code is = @wandotfp24
7. Any question email Coach Shiver = kevin_shiver@charleston.k12.sc.us
8. Preseason info will be finalized soon.
9. Mandatory practices start January 29. 1st week Mon-Friday 4-6.
10. If you are in season with Wando basketball or wrestling you start when your season ends.



PRE SEASON PRACTICE DATES = Not Mandatory

December (meet at the Wando track facility)

Tuesday December 12 4pm - 5pm (Speed and Agilities)

Wednesday December 13 4pm - 5pm (Speed and Agilities)

January (meet at the Wando track facility)

Wednesday January 3rd 4pm - 5pm (Speed and Agilities)

Thursday January 4th 4pm - 6pm (Speed and Agilities and weightroom)

Tuesday January 9th 4pm - 6pm (Speed and Agilities and weightroom)

Wednesday January 10th 4pm - 5pm (Speed and Agilities)

Thursday January 11th 4pm - 6pm (Speed and Agilities and weightroom)

Tuesday January 16th 4pm - 6pm (Speed and Agilities and weightroom)

Wednesday January 17th 4pm - 5pm (Speed and Agilities)

Thursday January 18th 4pm - 6pm (Speed and Agilities and weightroom)

Tuesday January 23rd 4pm - 6-pm (Speed and Agilities and weightroom)

Mandatory practices unless you are involved with Wando wrestling or basketball begins **Monday January 29.**

That week we will go Monday through Friday 4-6 for trouts.





WARRIOR ALUMNI



Riley Lair
Clemson
All State Throws

Hannah Togami
University of SC
State Champion
State Record Holder
All State - Pole Vault

Julia Galbally
Clemson
State Champion
All State - Sprints



1/5

Dillon McCarthy
University of SC
COVID YEAR
#1 in SC - PV

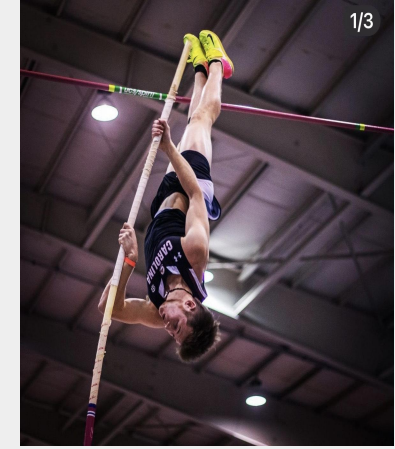


ethan_cocco
Clemson University

Ethan Cocco
Clemson
COVID YEAR
State Record
#1 in SC - Jav



Caleb Walker
US NAVAL ACADEMY
State Champion
All State
State Record - Jav



1/3

Jonathan Togami
University of SC
COVID YEAR
#2 in SC - PV



1/3

Max Livesey
Clemson
ALL STATE - Jumps

WARRIOR ALUMNI



Troy Cocco
State Record Holder
Javelin

