

# FCMS Track & Field

## Coaches :

Hunter Tschaenn, Christian Stortz, Maddy McCoy

## What's Needed :

### Physical

- You must have a physical on file with the school
- If you participated in a school sport this year then you don't need a new one
- Physicals forms can be picked up in the front office

### Equipment

- Tennis shoes are required for ALL athletes
- Be prepared to be outside in cooler weather (bring sweatpants / sweatshirts)

## Information :

### Details

- Track is not a lot of running despite common belief
- Our goal as coaches is to get you to be faster and stronger

### First Practice

- March 9th after school

### Signups

Please Scan and fill out the form!



You've been invited to join

## FCMS Track 2026

Use your **unique access code** below and follow the instructions.

**Access Code**  
**8CD8-KAD7**

### Join via Website

#### New Users

1. From your computer, phone, or tablet, visit **sportyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

#### Existing Users

1. From your computer, phone, or tablet, go to **sportyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

### Join via App

#### New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

#### Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**



visit us at [www.sportyou.com](http://www.sportyou.com)  
or in the app stores

