

**Sheldon Track & Field**  
**General Information**

**Coaching Staff:**

**Head Coach: Erin Regali**

**Home: (541) 345-3285, Cell: (541) 954-4745**

**Email: [eregali@comcast.net](mailto:eregali@comcast.net)**

**NEW Team website: [www.sheldontfxc.org](http://www.sheldontfxc.org)**

**Meet Results: [www.athletic.net](http://www.athletic.net)**

**Athletic Director: Matt Binkerd    [mbinkerd@4j.lane.edu](mailto:mbinkerd@4j.lane.edu)**

**Event Coaches:**

**Jumps: Bruce Goodnough**

**Hurdles: Kiyah Williams & Roger Herbert**

**Distance/Relays: Brayce Forsha, Jackson Darland & Anne Regali**

**Pole Vault: Matt Binkerd & Dennis Ludwig**

**Sprints/Relays: Kelly Walk**

**Throws: Les Phillippo, Jillian Fogelstrom & Shannon Metcalf**

**Parent Liaisons: Renell Brabham    [renell@comcast.net](mailto:renell@comcast.net)**

**School Trainer: Laura Baker**

**School Phone: (541) 790-6652**

**Practice Start Time: Promptly at 3:45**

**Practice End Time: Varies; 5:00 to 6:00**

**Athletes to meet at the Track Shed-Team Information Posted daily**

**We will have practice on Early Release or No School Days-Practice time to be announced**

### Athlete Expectations:

1. Maintain Academic Eligibility
2. Follow Athletic Training Rules
3. Attend all practices
4. Athletes will be required to help at the Middle School Meets
5. Communicate schedule conflicts ahead of time
6. Report Injuries to coaches and trainer ASAP
7. Support Team Fundraising
8. Travel with the team
9. Always show respect and represent your school & team well

### General Track & Field Guidelines:

1. Track & Field accepts all athletes
2. Each competition there will be 2 or 3 athletes designated as Varsity for each event. (Meets vary)
3. There will always be a Varsity and Junior Varsity competition. (Unless an Invitational style meet)
4. Athletes may not compete in every meet listed on the schedule

### Track & Field Fundraising Events:

- ~Run for the Shamrock: March 11th–See flyer
- ~Donation letters
- ~Papa's Night Fundraiser–

### Track & Field Gear & Sales:

- ~Uniform Issued to all athletes
- ~Athletes may check out sweats for the Season–See coach
- ~Track & Field gear for sale
- ~Shoes–vary upon Events–Seek coach for assistance
- ~I keep a “used” shoe rack in the Track shed for kids to use/borrow; if you have shoes that do not fit at home please feel free to donate to this shoe rack