

2019 Track & Field Parent Information

I welcome you to the 2019 Track & Field Season. The Track & Field team is one of the largest coed programs at Sheldon, and sometimes is not the easiest sport to understand. I hope this information is helpful to you throughout the season. Please feel free to contact me at anytime throughout the season if you have any questions or comments. I look forward to another great year!

Coaching Goals: The coaching staff is committed to a healthy team environment. Coaches will work to accomplish team & individual goals. Athletes are expected to follow the instructions and guidance of the track and field coaching staff for the overall success to the team.

Attendance: Attendance at practice is mandatory & roll is taken daily. Please communicate ahead of time of any potential conflicts. Unexcused absences may result in the athlete not being able to participate in the next competition. We begin practice at 3:50 and ask that they arrive on time. Friday's practice will be at 3:15 due to the early release. We allow athletes time after school to talk with teachers, see the trainer and get dressed for practice. Practice ends between 5:00 & 6:00 p.m.

Grades: It is my belief that school first, athletics second. Athletes must follow the school's policy on academic requirements. Athletes will be reminded throughout the season the importance of maintaining good grades. If necessary, students may be asked to attend study hall to improve grades. Having good work habits in the classroom develops a good athlete; and overall a stronger individual.

Code of Conduct: The coaching staff will enforce Sheldon's code of conduct for all rules throughout the season.

Uniforms: All athletes will be provided a team uniform. Athletes must wear their uniforms in competitions. Anything worn under the uniform must be white or black. Athletes on relay teams must look the same. Please wash the uniforms per the washing instructions-they are very costly!

Transportation: All Transportation to the meets will be provided by the School. We will ride buses. Each meet has a different start time, so class dismissal time and leave time will be provided email and to athletes at practice.

I will require athletes being excused from school early to travel with the team. If an athlete chooses to stay in school the entire day; then transport to the meet, athletes can provide their own transportation. **This must be approved by head coach prior to the event.** I have found over the years being flexible with athletes as to travel, leads to them being late and other issues. I am responsible for all athletes; and traveling as a team is always the best outcome.

Team Dinners: We will host Pasta Team Dinners in the Cafeteria before a few of our meets. More details to come.

Fundraising: Our fundraisers this spring are minimal and easy to accomplish.

1. Run for the Shamrock-A 5K/10K Run & Walk-March 9th: All proceeds from this run benefit the Track & Field program.

2. Online email fundraising Campaign

3. Traditional Papa's Pizza Night benefiting Track & Field-April 10th

4. Middle School Meets-We will host 4 Middle School Meets on Thursdays in April

We will be responsible for doing the field events at each meet. This is a great way to volunteer, help the T & F program and promote the sport!

The Track and Field team is a very coed large team. We try very hard to provide a positive experience for all athletes. We ask athletes to always be supportive of their teammates & always respectful to the team, coaches and the school. If you have any questions, concerns or comments please contact me. We look forward to a great season!

The Sheldon Track & Field coaching staff, Erin Regali, Head Coach