

Sheldon Track & Field
General Information

Coaching Staff:

Head Coach: Erin Regali

Cell: (541) 954-4745

Assistant: Anne Regali

Email: eregali@comcast.net

Team website: www.sheldontfxc.org

Meet Results: www.athletic.net

Athletic Director: Matt Binkerd mbinkerd@4j.lane.edu

Event Coaches:

Jumps: Bruce Goodnough

Hurdles: Roger Herbert, Markus Stevens, Amy Nelson

Distance/Relays: Ian Dobson, Jill Mestler, Melissa Stickney

Pole Vault: Chris Horton & Dennis Ludwig

Sprints/Relays: Kelly Walk & Anthony Yakovich

Throws: Les Phillipou, Lynne Anderson, Leah Nicklason &
Andrew Thomas

Parent Liaisons: Stacey Webb staceygw@comcast.net

School Trainer: Laura Baker

School Phone: (541) 790-6652

Practice Start Time: Promptly at 3:50 & Friday at 3:15

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 9th–See flyer
- ~Online Fundraising
- ~Papa’s Night Fundraiser–April 10th

Track & Field Gear & Sales:

- ~Uniform Issued to all athletes
- ~Athletes may check out gear if need assistance
- ~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