

Sheldon Track & Field General Information

Coaching Staff:

Head Coach: Erin Regali Cell: (541) 954-4745

Email: eregali@comcast.net & regali_e@4j.lane.edu

Team website: www.sheldontfxc.org

Meet Results: www.athletic.net

Athletic Director: Heather Stein: stein_h@4j.lane.edu

Event Coaches:

Jumps: Bruce Goodnough

Hurdles: Roger Herbert, Sheena Strickland & Amy Nelson

Distance/Relays: Ian Dobson & Anne Regali

Pole Vault: Chris Horton & Dennis Ludwig

Sprints/Relays: Kelly Walk

Throws: Les Phillippo, Jill Fogelstrom, Casey Kauffman

Parent Liaisons:

School Trainer: Laura Baker

School Phone: (541) 790-6652-Office located in breezeway in the back of the school. If you go to Sheldon website, athletics, about tab, you will find information on the Athletic Training office. Laura Baker's blog is listed with weekly hours & important information

Blog: http://blog.4j.lane.edu/baker_l

A great resource for athletic training needs, a first assessment of a potential injury. If additional care is needed by a Doctor, a release note is needed to return to practice between athlete, trainer & coach by Doctor.

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 14th–See flyer
- ~Online Video Fundraising
- ~Sale of Jamba Juice Cards
- ~Papa's Night Fundraiser–April 15th

Track & Field clothing/Shoes:

- ~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