

Sheldon Track & Field
General Information

Coaching Staff:

Head Coach: Erin Regali

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

Email: eregali@comcast.net

NEW Team website: www.sheldontfxc.org

Meet Results: www.athletic.net

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

Event Coaches: (Some coaches will crossover to other events)

Jumps: Bruce Goodnough

Hurdles: Kiyah Williams, Roger Herbert, Amy Nelson

Distance/Relays: Brayce Forsha, Caleb Patrick & Anne Regali

Weight Events: Les Phillip, Jillian Fogelstrom, Henry Asay,

Brittany Hinchcliffe, Paula Berry & Christian Hackney

Pole Vault: Matt Binkerd, JJ Juilfs & Dennis Ludwig

Sprints/Relays: Kelly Walk

Parent Liaisons: Renell Brabham renell@comcast.net

School Trainer: Laura Baker

School Phone: (541) 790-6652

Practice Start Time: Promptly at 3:45

Practice End Time: Varies; 5:30 to 6:30

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

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 12th–See flyer
- ~Donation letters
- ~Papa’s Night Fundraiser–April 20

Track & Field Gear & Sales:

- ~Uniform Issued to all athletes
- ~Athletes may check out sweats for the Season–See coach
- ~Track & Field gear for sale–see order form
- ~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