

2022 Track & Field Parent Information

I welcome you to the 2022 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 any time 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 of 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 of 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 bus departure times will be provided via weekly emails and to athletes at practice.

My goal is to have athletes travel with the team unless there are unsafe circumstances that raise concerns, which we will address as we get closer. Alternative transportation must be approved by the head coach prior to meet day. 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. **NEW THIS YEAR: Athletes leaving a track meet with their parents must have a signed permission slip to be released from the meet. The team will use a notebook for these forms.**

Varsity Letter Requirements: Athletes can earn a varsity letter by participating at the Varsity level and earning varsity points, attendance, work ethic, and attitude.

Multi-Sport/Activities: Each year we have a few athletes that are involved in other activities during the track season. There are 2 categories:

- An athlete participating in track as well as another Sheldon spring sport
- An athlete participating in a “club” non-school activity

The general expectation is that athletes attend practice Monday-Friday. We have meets on a variety of days throughout the season. If an athlete falls into the first category we examine practice & games schedules and discuss potential conflicts to determine if participating in the 2 sports will work for both programs.

If the athlete falls into the second category I ask athletes to complete a spring calendar of their events planned. Communicate early the potential conflicts so we are aware as coaches.

Ultimately, there is an expectation in track to follow team rules and guidelines-but the sport does allow some flexibility. It is a case-by-case situation.

Team Dinners: My goal is to try and host team dinners before a few of our meets. These dinners will likely need to be held outside at the track. 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 12th: All proceeds from this run benefit the Track & Field program.
2. Traditional Papa's Pizza Night benefiting Track & Field-April 20th.

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