

# 2023 Track & Field Parent Information

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I welcome you to the 2023 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 be careful when washing the uniforms.

**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 leave time will be provided email and to athletes at practice. Best practice is to travel with the team.

**Athletes leaving a track meet with their parent must have a signed permission slip to be released from the meet. The team will use a notebook for these forms.**

**Multi-Sport Athletes-**if your son/daughter is participating in another sport during the track season please see Coach Regali for more information. Track is a sport that can have some flexibility, but needs communication and a working schedule from the beginning.

**Team Dinners:** We will host Pasta Team Dinners this season, a signup sheet to help & volunteer will be distributed.

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

1. Run for the Shamrock-a 5K/10K Run & Walk-March 11th: All proceeds from this run benefit the Track & Field program.
2. Traditional Papa's Pizza Night benefiting Track & Field-April 5<sup>th</sup>
3. Sale of Jamba Juice Cards

*The Track and Field team is a very large coed 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*