

## Sheldon Track & Field General Information

### Coaching Staff:

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

Email: [eregali@comcast.net](mailto:eregali@comcast.net) & [regali\\_e@4j.lane.edu](mailto:regali_e@4j.lane.edu)

Team website: [www.sheldontfxc.org](http://www.sheldontfxc.org)

Meet Results: [www.athletic.net](http://www.athletic.net)

Athletic Director: Ricky Rodriguez [rodriguez\\_r@4j.lane.edu](mailto:rodriguez_r@4j.lane.edu)

### Event Coaches:

Jumps: Bruce Goodnough & Elizabeth Kenney

Hurdles: Roger Herbert & Tyus Kuykendall

Distance/Relays: Ian Dobson and Jill Mestler

Pole Vault: Chris Horton & Dennis Ludwig

Sprints/Relays: Kelly Walk

Throws: Les Phillippo & Jill Fogelstrom

Admin Support & Clothing Sales: Anne Regali

### 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](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: Pass 4 classes winter term & be enrolled in 4 classes spring term
2. Follow Athletic Training Rules
3. Attend all practices.
4. Communicate schedule conflicts ahead of time.
5. Report Injuries to coaches and trainer ASAP
6. Support Team Fundraising
7. Travel with the team
8. 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 11h
- ~Papa's Night Fundraiser-April 5<sup>th</sup>
- ~Jamba Juice Card sales-ongoing

### Track & Field clothing/Shoes:

- ~Uniform Issued to all athletes.
- ~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