

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: Ricky Rodriguez rodriguez_r@4j.lane.edu

Parent Liaison: Emily Forsha: missemb@gmail.com

Event Coaches:

Jumps: Bruce Goodnough

Hurdles: Roger Herbert & Tyus Kuykendall

Distance/Relays: Ian Dobson & Jill Mestler

Pole Vault: Chris Horton & Dennis Ludwig

Sprints/Relays: Kelly Walk

Throws: Les Phillip, Jill Fogelstrom & Jeff Hultberg

Admin Support & Clothing Sales: Anne Regali

Other Coach Support: Jane Regali, Ella Thomas & Elizabeth Kenney

School Trainer: Laura Baker

School Phone: (541) 790-6652 & (541)-760-5848

Baker_l@4j.lane.edu

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 & Wednesday 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. 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 that follow team rules & protocols.
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 9th
- ~Papa's Night Fundraiser–April 17th
- ~Letter & Online donation campaign

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