



Boys Track & Field Team Liaison & Season Information

Liaison-Team Contact Information:

Jill Bradley - jillbradley01@gmail.com - Home Phone: 262-820-0367 - Cell / Text: 262-442-4254

Amber Nelson – mother of sprinter, Ben – arwnelson@gmail.com - Cell / Text: 608-345-8748

Tricia Gohde – mother of sprinter, Griffin, and hurdler, Cameron – tkgohde@gmail.com – Cell/Text: 414-745-9283

Sarah Giffin – mother of distance runners, Sam and Eliot – sarahgiffin06yahoo.com – Cell/Text: 262-443-7575

Donna Porter – mother of thrower, Christian – rdporterhouse@yahoo.com – Cell/Text: 414-333-5775

June Schlager – mother of thrower, John Henry – june_schlager@yahoo.com – Cell/Text: 414-339-3947

AHS Team Liaison Role

- **Communication**

- **Coaches Use 'TeamSnap'**

- Athletes will be invited to join TeamSnap through an email (Arrowhead School email)
- Athlete must accept invite from TeamSnap
- Athlete can add parents in their account
- Questions to Sarah Giffin – contact info above

- Event coaches may have their own communication – email, text

- **AHS Website** (activities, sports, spring sports, boy's track and field)

- **Twitter** – follow @coachherriot after setting up an account at twitter.com with an email and password

- **Email** – obtained through athlete registration form online

- Emails will be used to receive fundraising information from OurFund
- Emails may also come from Liz Arsnow in the athletics department
- Emails (from Jill Bradley) sent periodically to confirm volunteers
- Emails from Sign-Up-Genius for volunteers for food service shifts

- **Facilitate** minor administrative matters and social events as directed by the coach

- **Social Fee** – please return ASAP as expenses are made on behalf of the athletes

- Your prompt attention to this helps facilitate managing over 180 athletes
- Athletes assume responsibility to be included in team events – food, uniform
- Uniforms will be held by the coach until social fee is paid

- **Coach Gifts** coordinated with seniors and money collected

- Cash or checks made to Sarah Giffin or Tricia Gohde, not AHS
- Please give to Sarah Giffin or Tricia Gohde or noted athletes
 - Throwers – Christian Porter
 - Sprinters / Hurdlers / Jumpers – Griffin Gohde
 - Distance – Eliot or Sam Giffin
 - Vaulters – Zach Zirgibel
- Anytime up to the end of season awards night
- Small but meaningful token of our appreciation

- **Community Service Project**

- **MDA Fundraising Effort and Awareness** – for Erica Destache, 18 year old daughter of AHS teacher and former AHS T&F Coach, Dale Destache – see attached

- **MDA Muscular Walk** - at Greenfield Park – August 15th
- **Funds** – used mainly to help support research to find a cure, but also give families needed assistance for medical supplies, clinic visits, and admission to summer camp

- **Suggestions Welcome**

- Interested in organizing an event to serve or raise money for a good cause? Contact Us!

- **Hosting youth T&F Meets**
 - Grade School T&F Invite - All team athletes required to work – Wed. May 20
 - Assist at Myrhum Invite – All team athletes required to work in the meet when not participating
- **Fundraiser**
 - **Our Fund** – *See attached – Set up by Friday, Apr 3*
 - Enter 10 legit emails, goal is \$10 from each email , every bit helps, equipment is expensive
 - All athletes who do not Opt Out by March 20th agree to participate
 - Performance indicators, vault poles, FreeLap timing chips for training, tent, shot put landing area
 - Most of our needs are not met by the school budget
 - **Opt Out** of Our Fund- *See attached – Due by March 20*
 - Contribute directly to the team.
 - Minimum buy out is \$50
 - Higher Levels of Contribution: Platinum (\$500), Gold (\$300), Silver(\$200), Bronze(\$100)
 - Name listed on a banner displayed at all home meets
 - Platinum Level can sponsor an Event at the Myrhum Invitational (\$500)
 - Yard sign by the event and name announced during awards presentation and on live stream
 - **Misc events:** Hosting the grade school invite, hosting a summer T&F camp, and spirit wear sales
- **Spirit Wear** - Order from Mid-City online store – link: <https://ahstrackfieldspring2020round2.itemorder.com>
 - Store closes on *Tuesday, March 17*. Items ready for pick up around April 1.
 - Mid-City will contact you when your items are done. Pay online to Mid-City. Pick up at Mid-City.
 - Nothing is required - Recommended Team Top – anything Arrowhead Track
- **Senior Athlete and Parent Recognition** – at Myrhum Invite (Sat. 5/9) During the break (approx. 3:45 pm)

Other Notes

- **Healthy Diet / Snacks / Meet Food**
 - Up to athlete to be prepared
 - Hydrate - water is best
 - Healthy snacks **before** a workout and **during** competition
 - Trial and error to find what works best - plain foods, low fat, low sugar, low protein, no dairy – PBJ sandwich or bagel, bananas, grapes, granola bars, clif bars, crackers, pretzels, dry cereal
 - Protein replacement **after** hard workouts – chocolate milk, protein bars, meat for dinner
 - Eat healthy diet daily
 - Consider multi-vitamin and iron supplements
- **Uniforms**
 - School issued – Racing Top and Racing Shorts – No Warm Ups
 - Note the condition of it before wearing
 - Please return the garment clean at the end of the season otherwise a fee will be assessed
 - Remove hip numbers before washing – otherwise they leave a sticker residue on the garment that regular washing will not remove
 - **Goo Gone** does work on the majority of sticker messes
 - Martinizing Dry Cleaners in Hartland has had success in getting them clean – 262-367-4508
 - Suggested black compression shorts underneath

Opportunities to volunteer:

- Communication through email from Jill Bradley or TeamSnap prior to each event to confirm times and where help is needed. If you can offer some time – please email Jill Bradley at jillbradley01@gmail.com

- **Hang Locker Decorations** – hang locker decs during or after school for both schools
- **Pride button assembly** – date TBD - once the team photo disc is received - approx. 4 helpers needed for roughly 2 hours
- **Empire Senior Panoramic Coordinator**
 - Collect funds, place the order with Empire, receive and distribute pictures
 - Date TBD approx. 2 weeks after photos are taken
- **Assist at a field event for a home meet** – rake the sand, retrieve an implement, record results, must have knowledge of the event , will work with AD on background check – contact Coach Herriot or Jill Bradley
- **Event Action Photographer** – interested in taking and sharing action photos at track & field meets?
- **Myrhum Invite** – Saturday, May 9 – all day
 - **Food Service** help for catered food for AHS Athletes Volunteering
 - **Subs and Pizza** – Serve - 4 helpers for each 1 hour shift, from about 10 am to 7 pm
- **Pasta Party host for Varsity**
 - Dates, Locations, Team – TBD – Host will initiate and decide
 - Possibly before Conference, Regionals, Sectionals and State
- **End of Season Banquet** – Thursday, June 11 – 6:00 pm – 8:00 pm – at AHS
 - Ice Cream Sundae Buffet
 - 10 or so helpers needed with set up, welcoming, serving, and clean-up.
 - Also donating 24-packs of water
- **Event-Group Coach-Gift Coordinator**
 - Hurdles, Jumps, Vault, Throws, Sprints, Distance
 - Meaningful but not expensive

Websites for Results

Prime Time Timing – pttiming.com

Find the meet and results under Results, All Results

Track Side Timing – tracksidetiming.com

Look under schedule and results from the home page

Ade Timing – adetiming.com

Watertown hosted meets - <http://web.watertown.k12.wi.us/Athletics/track/results/results19.php>

Find meet info, heat sheets and results on this web page

Running Shoe Resources

Ask your event coach which type of shoes and / or spikes to get.

The shoe store will also be knowledgeable about the best shoe for you based on your event.

This list is intended to be a helpful resource and not intended to promote or discourage the use of any specific store or online site.

Use caution when buying **deeply discounted shoes** as they may be of a much lower quality, even though they carry the same name as a high end brand or model.

Performance Running Outfitters

www.performancerunning.com

Locations in Brookfield (Ruby Isle), Delafield (Across the street to the south of Target), Shorewood, Oak Creek

Offers custom shoe fitting with biomechanical evaluations and discounts to high school athletes.

Endurance House

www.delafield.endurancehouse.com

Location in Delafield (Hillside Dr)

Fleet Feet

www.fleetfeetbrookfield.com

Location in Brookfield (Bluemound Road)

Eastbay www.eastbay.com

Google 'Eastbay promo codes' for discounts

Dick's Sporting Goods

dickssportinggoods.com

Location in Brookfield (Bluemound Road)