

Track Parent Meeting

3/11/20



Coaches for Contact

Boys - Chris Herriot (Sprints/Hurdles/Jumps/Head)

herriot@arrowheadschoools.org

Boys - Mike Mulrooney (Distance)

arrowheadcc@gmail.com

Girls/Boys - Geoff Steinbach (Throws)

gsteinbach@wi.rr.com

Girls/Boys - Brent Ribble (Pole Vault)

brent.ribbon@gmail.com

Girls - Allison Delzer (Sprints/Hurdles/Jumps/Head)

allisondelzer@gmail.com

Girls - Becca McCann (Sprints/Head)

mccann@arrowheadschoools.org

Girls - Dave McConville (Distance)

dmccconville19@gmail.com

Apparel

- will be available via **Mid City Sports** [CLICK HERE](https://ahstrackfieldspring2020round2.itemorder.com/sale?read_message=true)
https://ahstrackfieldspring2020round2.itemorder.com/sale?read_message=true
- The link will be posted on the track website through AHS, twitter @coachherriot and @coachmccannAHS, and sent out via teamsnap and statwack.
- If athletes were on the team last year they do not need to buy anything
- If they are new they need to have a top that says Arrowhead Track on it. This will be used for a warm up. They will also need black sweatpants. Those can be track sweatpants or blanks from Wal-Mart it doesn't matter.

 **teamsnap** for the boys team, **STATWACK** for the girls team (**AHS Girls T&F**)

This is an app that we will be using for team communications. There will not be emails coming from a different place as the point of this app is to get all communication in one spot. You can set up the app to give you text alerts or schedule reminders or set it to just email you but that has to be done on your end. Parents: It is your son/daughter's responsibility to check his email and sign you up to be an additional contact

Our Fund:

We will be doing the same fundraiser that has helped us to raise money for blocks, uniforms, pits, poles, shots/discs and countless other necessities for our track team. Last year we were able to raise enough funds for a new auto timing system for meets as well as a second pit for our vault area. This year we are hoping to raise enough to purchase a new chip timing system to be used during workouts, performance indicator signs for field events, poles, med balls, and other necessary equipment.

All athletes are asked to put 10 emails into the system to generate fundraising emails.

Buy out Option

If you do not want to be involved in the Our Fund fundraiser you can choose the buyout option. Please see the separate handouts for buyout options. Those who choose this option will not have their information added to Our Fund.

Like us on social media

Facebook: Arrowhead Track, Arrowhead Girls Track

Twitter: Arrowhead Track: @CoachHerriot

AHS Girls T&F: @CoachMcCannAHS

Spring Break

March 23rd - March 29th

We will have practice; if you are here you should be at practice! Practice time will vary depending on event group.

Some Important Dates:

First Day of Practice:	March 9th 2:50
Uniform Handout:	March 14th @ 9am (NC Commons)
Mid-City Spiritwear 2nd order	March 17th
Spring Break :	Ripon 3/24 & Watertown 3/28 (boys only)
Triangular	April 28th HOME
Myrhum Invite:	May 9th HOME
Frosh Soph	May 12th HOME
Grade School Meet	May 20th HOME
Regionals	May 26th HOME
Sectionals	May 29th HOME
Freshmen State	June 13th HOME

When can you leave meets?

Your son/daughter should plan on attending meets for the duration of the meet just as he would for any other team he is on. That being said, there will be a few meets, especially during the week, where you may want to get them home earlier once they are done using the [travel release form](#). Athletes cannot ride home with a parent without the travel release which needs to be signed by the AD before the competition.

Pass list suspended for the following meets:

- C8C Indoor - 4/4
- C8C Relays - 4/22
- Home meet - 4/28
- Mini Myrhum & Myrhum - 5/9
- C8C Outdoor - 5/14
- Regionals - 5/26
- Sectionals - 5/29

Link to Arrowhead Track & Field Policies and Procedures:

[Track Rules](#)