

Girls Track Organizational Meeting 2/8/18

Coaching Staff

Allison Delzer (Head Coach/Horizontal jumps)

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Carl Goehner (High Jump)

Rebecca McCann (Sprints)

Molly Kielma (Sprints)

Neil Smedima (Hurdles)

Bradley Clark (Hurdles)

Brent Ribble (Pole Vault)

Eric Moore (Distance) emredleg@gmail.com

Michele Olshanski (Distance)

Curt Kaczor (Distance)

Geoff Steinbach (Throws) gsteinbach@wi.rr.com

Sam Leo (Throws)

Sign-up Info:

Even if you were on the team last year, you need to fill out the sign-up form online. You can find the link on the schools website under girls track – 2017-2018 Girls Track Registration Form.

Link:

<https://docs.google.com/forms/d/e/1FAIpQLSdoCGF2QLKLugPAFerW4dQYoXdKSPY3JtsFTJuJY7AaRN86Sg/viewform>

Some Important Dates:

Spirit Wear Order Forms Due Date: Feb 16th

1st Day of Practice: March 5th 2:50

Uniform Handout: Sat March 10th – morning

Indoor C8C V (during spring break): April 7th

C8C Relays: April 22st

Grade School Meet:	May 16 th
Myrhum Invite:	May 5 th
Sectional Championship:	May 24 th

Getting Started:

If track is your first sport of the year, you need to update the following with the activities office before our first day, March 5th.

- Updated Physical or alternate year card on file with Activities office (Green or Brown Card)
- Pay Athletic Fee
- Concussion waiver on file in the office

Apparel

We will be ordering apparel from Mid-City Sports. There will be a link posted on the AHS track website and I will send it out via Statwack and email (from the list of athletes signed up). The only thing that you are required to have is a top that says Arrowhead Track on it (used for warm up). If you have one, you do not need to purchase anything.

Communication

Sign up for Statwack and follow [AHS Girls T&F](#). Also, check your email.

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. This year we will be upgrading our track and we are hoping to raise funds to make it red. You will receive an email with sign-up instructions (around March 12th). All we ask is that you add no less than 10 emails to the list. For those of you who do not want to participate in an email campaign, you can make a direct donation instead.

Preseason Training

Info is sent out every week via Statwack from Jill Bradley.

ACC: Mon, Tue, Thur 2:50-4:10pm, Fri 5:50am. Meet in North Campus Commons

Hurdle/Vault/Blocks Open Gym: Wed at 4pm on 1/17, 2/14, 2/21, 2/28

Distance running group: Meet after school in North Campus common area between East and West gym.

Sprinters: Meet Mon, Wed, Fri in North Campus common area between East and West gym.