



Dakota Cougars Track & Field
Parents/ Athlete Pre Season Virtual Meeting
March 14, 2021

I. Welcome

II. Introduce Coaching Staff

1. Coach Timpa-High Jump/Hurdles (25th year)
2. Coach Zarzycki-Women's Distance/Relays (20th year)
3. Coach Droski-Throws (19th year)
4. Coach Roginski-Men's Distance/ Relays (10th year)
5. Coach Pojeta-Sprints / Relays (7th Year)
6. Coach Skowneski-Sprints/ Long Jump (7th Year)
7. Coach Daly-Women's Sprints/Middle Distance (5th Year)
8. Coach Ott-Pole Vault (2nd Year)



III. Expectations

A. Academic Eligibility (2.0 gpa/ pass 4 classes 1st semester)

1. Weekly progress reports
2. Ask teammate or coach for help.
3. Homework Help –1:00-2:11 Monday thru Thursday for the next month

B. Athletic

1. Dedication-be at all practices and meets on time and for the entire duration
2. Attitude-Positive and give your best effort
3. Hazing will not be tolerated. Period!
4. Home meets
 - a. Must help set up and put away, **stay for the entire meet.** (Team tents will be spaced out by training group.)
 - b. Need people to help at those meets. (Field events, rakers, shaggers, bar placers, etc.)
5. Away Meets
 - a. Athlete is required by District & coaching staff to ride to & from the meets on the bus, few exceptions to this rule
 - b. Must clean up our area
6. Volunteerism –(student athletes)
 - a. Middle School Meets
 - b. Spring Break Classic—junior and seniors
 - c. Special Olympics May 5th during the school day-will invite 24 kids (tentative)
 - d. County Meet on May 25/26 at Dakota-need many workers
 - e. DHS Invite May 15th -need hurdle crew(middles schoolers), finish helpers, gate keepers, coaches hospitality organizers
 - f. JV MAC/ County Meet June 1 (t-shirt sales, gate keepers, etc.)
 - g. Volunteer at <https://goo.gl/forms/5AQz2m0McDbxqkys1>
7. Practices (2:30 to 4:30 daily) 11am -1 pm on no school days 10:30 – 12:30 on ½ Days, unless your Event coach tells you otherwise
 - a. Complete daily health screener before you arrive at practice
https://docs.google.com/forms/d/e/1FAIpQLSdyRqiJoyQWQBr-FqI4o4AFzEBrZ_cFe667er0D8uknznVA_Q/viewform
 - b. lockers in the stadium-bring own lock and use it, we will try to limit locker room use this season due to COVID
 - c. BRING YOUR OWN WATER!!!!!!!
 - d. be on time, practice hard until excused by your coach



Dakota Cougars Track & Field
Parents/ Athlete Pre Season Virtual Meeting
March 14, 2021

8. Diet –Proper Nutrition is vital –power point –
 - a. Life of an athlete
<http://www.cvsloa.org/> all students must take survey before they can compete!!!!
 - b. limit pop, fast food
 - c. eat carbohydrates, drink water

IV. Important Dates

1. Tuesday March 23-Team Shoe/Spike night for Girls Hanson's Running Shop
Thursday March 25- Team Shoe/Spike night for Boys Hanson's Running Shop Also,
Saturday March 27 or Sunday March 28 for any school athlete
20% off---6-8pm
2. Senior Banner Pictures March 29st at 5 pm...3'x5' to be hung on the fence inside the track, then its your to keep (\$30 paid directly to the photographer)
3. ACT: April 17th, June 12th SAT: May 8th
4. AP Testing May 3rd – 7th, 10th -14th. Students should let coaches know if they are testing and will miss or be late to practice
5. Team Pictures...TBD at will be taken individually on a green screen
6. Spring Break Classic Freshman/Sophomore Classic April 9th
7. 17th Annual DHS Cougar Invite May 15th 9 AM
8. Challenge the coaches -tbd
9. Awards Ceremony (NO DINNER) Banquet June 14th

V. Business

1. Lineups /workouts- not up for discussion. They are the determined by the coaching staff. Contact Coach Timpa if you have any questions, please wait 24 hours. Before, during or after a meet is not the time!
2. Uniforms –JV Uniform Hand In June 3rd 2:30 at Stadium-No exceptions
Varsity June 2nd 2:30 at Stadium-No exceptions
State Finalist June 8th to Room 200-No exceptions
3. **Track & Field Merchandise**- orders due by April, 4th –no exceptions
https://stores.inksoft.com/dakota_track/shop/home
4. **UNIFORMS**-new uniforms can be purchased
https://stores.inksoft.com/dakota_track/shop/home
5. Shoes and Spikes (Hanson's Running Shop)
6. Pants, shorts, windbreaker, rain gear / cold and warm
7. Using Track & Field for gym credit
8. Fundraisers –
 - a. Popcorn Sale -ONLINE ONLY--funds for Assistant Coaches, Equipment, banquet Awards -incentives for kids, will need at least 10 email addresses to send sale info to.
 - b. **Fan T-shirt Sales -- TBD**
 - c. Dakota invite
 - B. sponsor an event
 - C. Place an ad in the DHS invite program
 - D. Get a local business to place an ad**

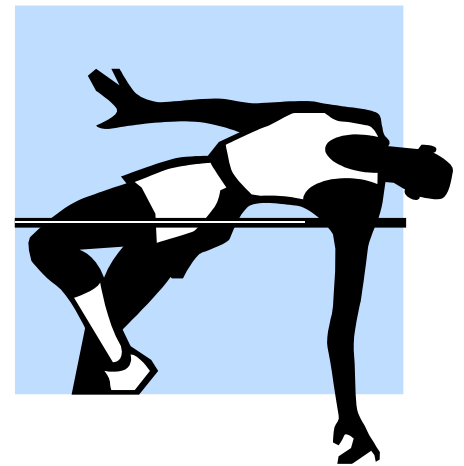


Dakota Cougars Track & Field
Parents/ Athlete Pre Season Virtual Meeting
March 14, 2021

9. Parents volunteers
 - a. Need parent Volunteers for DHS Invite, Spring Break Classic, & County Meets, JV MAC/COUNTY meet
 - b. We need a Team Photographer...take pictures and give to coach Timpa to put on webpage
 - c. Concessions Volunteers—home track meets through booster club

I. Forms –visit www.dakotatrackfield.com to follow the links directly

- a) Get an athletic physical from a Doctor. If dated after April 15, 2019 complete the MHSAA Health questionnaire instead.
- b) **Create/Login to www.planeths.com**-- BOTH Athlete and Parents must have an account and link them together. **NEW in 2021**...Complete and upload all documents. Must be completed by March 19th if possible. (Physical Card, Insurance Consent Form, Code of Conduct, Concussion form , Emergency Contact Information)
- c) **PERSONAL INFO, GOALS, TEAM RULES, UNIFORM SIZE REQUEST**—fill out through Google Docs @ https://docs.google.com/forms/d/e/1FAIpQLSeo64k9Od_vp4IiIu9ZmRBL92JbWKFU6J61--gta-ZC0garDA/viewform
- d) **LIFE OF AN ATHLETE** –must complete the student survey before you can join the team <http://www.cvsloa.org/cvs-life-of-an-athlete/athlete-survey/>
- e) **ATHLETIC FEE**—will be assigned to your account once we submit our roster
- f) **IMPACT TEST** –must complete and pass the Concussion baseline test before you can participate. One test every 2 years, unless you have had a concussion.
- g) **DAILY Health COVID Screener** -athletes must complete every day before practice docs.google.com/forms/d/e/1FAIpQLSdyRqjJoyQWQBr-FqI4o4AFzEBrZ_cFe667er0D8uknznVA_Q/viewform



VII. Risks in athletics

- A. Possibility of injury or even death
- B. Report to coaches and parents right away.
- C. We are not doctors...go to an athletic doctor.



Dakota Cougars Track & Field
Parents/ Athlete Pre Season Virtual Meeting
March 14, 2021

VIII. Contact Information

A. Coach Timpa	mtimpa@cvs.k12.mi.us	Ph. 723-2951 Room 200
B. Coach Droski	adroski@cvs.k12.mi.us	Ph. 723-3980 Seneca-Gym
C. Coach Zarzycki	tzarzycki@cvs.k12.mi.us	Ph. 723-2811 Coaches Office
D. Coach Roginski	eroginski@cvs.k12.mi.us	Ph. 723-3441 Room 341
E. Coach Pojeta	rpojeta@cvs.k12.mi.us	Ph. 723-3423 NGC Gym
F. Coach Skowneski	eskowneski@cvs.k12.mi.us	Ph. 723-2978 Room 225

IX. Dakota Track and Field website www.dakotatrackfield.com or use the QR Code below



Schedule and stats also available at www.athletic.net
www.dakotaathletics.com

X. Other items

- A. **STRENGTH IN NUMBERS**...got a friend who can run, jump or throw? Get them the info or have them stop by! **TRACK & FIELD** is a great way to get ready for **FOOTBALL, BASKETBALL, VOLLEYBALL, SOCCER**, etc.
- B. Track & Field ...beautification- wood chips, track cleanup, cut grass, edge runways, rototill long jump.
- C. PV pit cover -thanks to boosters,
 - a. We need parents to join the booster club meeting and well as board positions and volunteer for concessions
 - b. Visit <http://www.dhsboosters.com/>
- D. Youth Track & Field Camp ..TBD
- E. Remind.com Text @sprintdhs to 81010 for **sprinter** info
@dhsbxc to 81010 for **boys distance** info
@dgxc to 81010 for **girls distance** info
@dhshurdles to 81010 for **hurdler** info
@dhshj to 81010 for **high jumper** info
@dhslj to 81010 for **long jumper** info
@dakotapv to 81010 for **pole vaulter** info
@throwdhs to 81010 for **thrower** info
- a. You will receive Lineups, results, calendar reminders