



I. Welcome

II. Introduce Coaching Staff

1. Coach Timpa-Distance/Relays/High Jump(21st year)
2. Coach Zarzycki-Middle Distance/Relays (16th year)
3. Coach Droski-Throws (15th year)
4. Coach Roginski-Distance/ Relays (6th year)
5. Coach Piper-Long Jump (4th Year)
6. Coach Fox-Hurdles (4th Year)
7. Coach Pojeta-Sprints / Relays (3rd Year)
8. Coach Skowneski-Sprints/ Long Jump (3rd Year)
9. Coach Bartz-Pole Vault (2nd year)
- 10.Coach Tilney-Throws(4th Year)
- 11.Coach Kelley-Sprints (1st Year)
- 12.Coach Daly-Middle Distance (1st Year)
- 13.Coach Becky-Distance (1st 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 –Tue & Thur. 2:15 to 3:15 & Thur. 6:10 am in the Media Center

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 south end of track.)
 - b. Need people to work those meets, some paid positions
4. 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
5. 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



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- d. Regional & County Meet on May 19th & 25th –need hurdle crew
- e. DHS Invite -need hurdler crew, finish helpers,(middles schoolers)
- f. Volunteer at <https://goo.gl/forms/5AQz2m0McDbxqkys1>
6. Practices (2:45 to 4:30 daily) 11am -1 pm on ½ and no school days
 - a. lockers in the stadium-bring own lock and use it
 - b. be on time, practice hard until excused by your coach
7. Diet –Proper Nutrition is vital –power point –Coach Zarzycki
 - 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. Monday March 13-Team night at Hanson’s Running Shop 20% off---
6-8pm
2. ACT: April 8th, June 10th SAT: March 11th May 6th
3. AP Testing May 1st -5th , 8th -12th ..students should let coaches know if they are testing and will miss or be late to practice
4. Team Pictures...APRIL 26th at 4-5pm
5. Spring Break Classic Freshman/Sophomore Classic April 7th
6. 13th Annual DHS Cougar Invite May 13th 9 AM ..new order of events
7. Regional --May 19th & County Meet--May 25th
8. Team Dinner’s Girls April 11th , Boys April 20th
9. Challenge the coaches June 6th and 7th
10. Awards B-B-Q Banquet June 12th

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. Track & Field Scholarship for Seniors—will be delivered
3. Uniforms –JV Uniform Hand In May 22th 2:30 at Stadium-No exceptions --Varsity May 31st 2:30 at Stadium-No exceptions
4. Track &Field Merchandise-Free item to all who pay athletic fee on time...orders due by March. 22nd –no exceptions
https://stores.inksoft.com/dakota_track_field
5. Can order your own uniform if you want, orders due March 13th.
<http://www.boathouseteamstores.com/dakotahighschooltrackfield>



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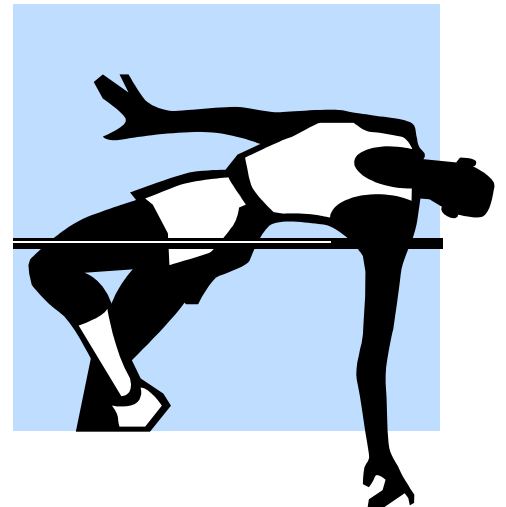
6. Shoes and Spikes (Hanson's Running Shop)
7. Pants, shorts, windbreaker, rain gear / cold and warm
8. Using Track & Field for gym credit
9. Fundraisers –
 - a. Cookie Dough--funds for Wouters Warriors -incentives for kids
Start Selling March 13th ---ORDERS and MONEY DUE March 27th
 - b. Dakota invite
 - B. sponsor an event
 - C. Place an ad in the DHS invite program
 - D. Get a local business to place an ad
10. Parents volunteers
 - a. Need parent Volunteers for DHS Invite, Spring Break Classic, Regional & County Meets
 - b. We need a Team Photographer...take pictures and give to coach Timpa to put on webpage
 - c. Concessions Volunteers—home track meets
 - d. Banquet Grillers and set up buffet lines/drinks

VI. Forms

1. Personal Info (Goal Sheet/ Team Rules signature sheet)...google forms <https://tinyurl.com/jlu8lyj>
2. Code of conduct
3. ImPact Test
4. Athletic Fee—pay
<https://parent.payschools.com/categories.asp?id=5AB507457636494E911122167C153903&>
5. Physical-dated after April 16th, 2016 to be valid
6. Life of an athlete survey <http://www.cvsloa.org/>

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.





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VIII. Contact Information

A. Coach Timpa	mtimpa@cvs.k12.mi.us	Ph.723-2951
B. Coach Droski	adroski@cvs.k12.mi.us	Ph. 723-3980
C. Coach Zarzycki	tzarzycki@cvs.k12.mi.us	Ph. 723-2811
D. Coach Roginski	eroginski@cvs.k12.mi.us	
E. Coach Pojeta	rpojeta@cvs.k12.mi.us	Ph. 723-2968
F. Coach Skowneski	eskowneski@cvs.k12.mi.us	Ph. 723-3435

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

X. Other items

- A. New Track..beautification
- B. Record Boards Committee needed...
- C. Youth Track & Field Camp ..
- D. Remind 101 81010 ---@coachtimp
- E. Email..provide an email to receive lineups/ updates

