



- I. Welcome
- II. Introduce Coaching Staff
 1. Coach Timpa-Distance/High Jump/Pole Vault(23rd year)
 2. Coach Zarzycki-Middle Distance/Relays (18th year)
 3. Coach Droski-Throws (17th year)
 4. Coach Roginski-Distance/ Relays (8th year)
 5. Coach Fox-Hurdles (6th Year)
 6. Coach Pojeta-Sprints / Relays (5th Year)
 7. Coach Skowneski-Sprints/ Long Jump (5th Year)
 8. Coach Tilney-Throws(6th Year)
 9. Coach Kelley-Sprints (3rd Year)
 10. Coach Daly-Middle Distance (3rd Year)
 11. Coach Becky-Distance (3rd Year)
 12. Coach Murray-Throws (2nd Year)
 13. Coach Sue Hinz-Pole Vault (8th 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 & 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 help at those meets
 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 8th during the school day-will invite 24 kids
 - d. Regional on May 17th –need field events crew (at Warren Mott)
 - e. County Meet at May 23rd at Dakota-need many workers
 - f. DHS Invite May 11th -need hurdle crew(middles schoolers), finish helpers, 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
 - a. lockers in the stadium-bring own lock and use it
 - b. be on time, practice hard until excused by your coach



Dakota Cougars Track & Field
Parents Meeting
March 5, 2019
6 pm Community Room

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. Monday March 11-Team night at Hanson’s Running Shop 20% off--6-8pm
2. Senior Banner Pictures March 12th at 5 pm
3. ACT: April 13th, June 8th SAT: March 9th May 4th
4. AP Testing May 6th -10th, 13th -17th. Students should let coaches know if they are testing and will miss or be late to practice
5. Team Pictures...APRIL 17th at 4:30 -5:30 pm (everyone must attend)
6. Spring Break Classic Freshman/Sophomore Classic April 5th
7. 15th Annual DHS Cougar Invite May 11th 9 AM
8. Challenge the coaches June 6th and 7th
9. Awards B-B-Q Banquet June 10th

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 20th 2:30 at Stadium-No exceptions -- Varsity May 30th 2:30 at Stadium-No exceptions
4. **Track & Field Merchandise**- orders due by March. 22nd –no exceptions
https://stores.inksoft.com/dakota_track/shop/home
5. **UNIFORMS**-new uniforms can be purchased (store closes March 6th)
<https://dakotatrack.itemorder.com/sale>
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 Track Scholarship -incentives for kids Start Selling March 8th ---ORDERS and MONEY DUE March 25th
 - b. **Fan T-shirt Sales** -- orders due by March. 22nd
https://stores.inksoft.com/dakota_track_fan_store/shop/home
 - 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**
10. Parents volunteers
 - a. Need parent Volunteers for DHS Invite, Spring Break Classic, Regional & County Meets



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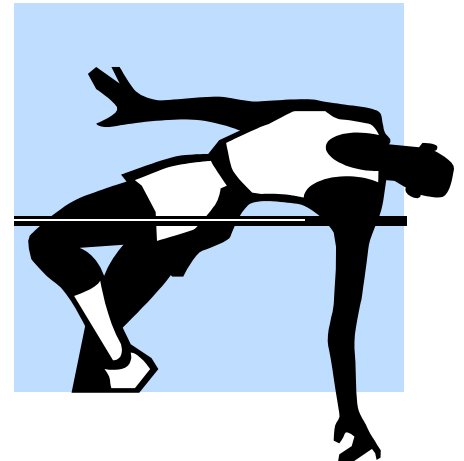
- b. We need a Team Photographer...take pictures and give to coach Timpa to put on webpage
- c. Concessions Volunteers—home track meets
- d. Banquet Grillers and set up buffet lines/drinks

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

- a) **PARTICIPATION CARDS-- NEW in 2019**... Must be completed by the athletic office on Feb 28th 6-8 pm or week of March 4th -7th from 2:30 to 4:30 pm
- b) **PERSONAL INFO, GOALS, TEAM RULES, UNIFORM SIZE REQUEST**—fill out through Google Docs @ <https://tinyurl.com/jlu8lyj>
- c) **ATHLETIC FEE**—pay online prior to the first practice @ Payschools Central <http://payschoolscentral.com/#/user/login>
- d) **PHYSICAL FORM**-must hand in a hard copy before you can practice. Must be dated after **April 15, 2018** to be current. If you have one on file from a Fall or Winter sport you do not need a new one. Due to the athletic office by **March 1st, 2019 or ASAP.**
- e) **CODE OF CONDUCT/IMPACT WAIVER**—must hand in a hard copy. If you have one on file from a Fall or Winter sport you do not need a new one.
- 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) **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/>

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.



VIII. Contact Information

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| 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 | Ph. 723-3441 |
| E. Coach Pojeta | rpojeta@cvs.k12.mi.us | Ph. 723-2968 |
| F. Coach Skowneski | eskowneski@cvs.k12.mi.us | Ph. 723-2978 |



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



Schedule and stats also available at www.athletic.net

X. Other items

- A. Track & Field ...beautification (see Mr. VanSlambrouck)
- B. Record Boards -thanks to boosters, it is installed and updated
 - 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/>
- C. Youth Track & Field Camp ..June 24-27
- D. Remind.com **Text @coachtimp to 81010**
 - a. You will receive Lineups, results, calendar reminders

