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
8. Diet –Proper Nutrition is vital –power point –
   a. Life of an athlete
      [http://www.cvsloa.org/](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](https://stores.inksoft.com/dakota_track/shop/home)
5. UNIFORMS-new uniforms can be purchased (store closes March 6th)
   [https://dakotatrack.itemorder.com/sale](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](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
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](http://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](https://tinyurl.com/jlu8lyj)

c) **ATHLETIC FEE**—pay online prior to the first practice @ Payschools Central [https://payschoolscentral.com/#/user/login](https://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/](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

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

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