



Dakota Cougars Track & Field
Parents Meeting
March 8, 2022
6 pm Community Room

- I. Welcome
- II. Introduce Coaching Staff
 1. Coach Timpa-HEAD COACH /High Jump (26th year)
 2. Coach Zarzycki-Women's Distance/Relays (21st year)
 3. Coach Droski-Throws (20th year)
 4. Coach Roginski-Men's Distance/ Relays (11th year)
 5. Coach Pojeta-Sprints / Relays (8th Year)
 6. Coach Tanisha Ciaravino-Hurdles/ Long Jump /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 **after** practice.
 3. Ask teachers for help **before** school
 - 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.**
 - 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. March 26th Craft Show
 - b. Spring Break Classic-April 9th —junior, seniors & some adults
 - c. Middle School Meets
 - d. DHS Invite May 14th -need hurdle crew (middles schoolers), finish helpers, gate keepers, etc.
 - e. Special Olympics May 18th during the school day-will invite 24 kids
 - f. JV MAC/ County Meet at May 18th at Dakota-need many workers
 - g. Regional on May 20th –need field events & hurdle crew at DAKOTA
 - h. Volunteer at <https://forms.gle/jTQnXwbjZpLJhKFH8>
 7. Practices (2:30 to 4:30 daily) 10am -11:30 am on no school days 10:30 – Noon on ½ Days, ***unless your event coach tells you otherwise!***
 - 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/> all students must take survey before they can compete!!!!
 - b. limit pop, fast food
 - c. eat carbohydrates, drink water





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IV. Important Dates

1. Wed. March 9-**Team Shoe night** at Hanson's Running Shop 20% off--6-8pm
2. **Senior Banner Pictures** March 10th at 4 pm-Room 200
3. **ACT:** April 2nd, June 11th **SAT:** March 12th, May 7th
4. **AP Testing** May 2nd- 6th, 9th -13th, **Students should let coaches know if they are testing and will miss or be late to practice**
5. **Team Pictures**...APRIL 14 at 2:30 pm (everyone must attend)
6. Spring Break Classic Freshman/Sophomore Classic Saturday April 9th
7. 18th Annual DHS Cougar Invite May 14th 9 AM
8. JV MAC/CTY championships may 18th 3:30 pm
9. MHSAA Regionals MAY 20th 4:00 pm
10. Awards B-B-Q Banquet June 13th 5 pm at Dakota Atrium/Auditorium

V. Business

1. Lineups /workouts- **not up for discussion**. They are 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 May 24th 2:30 at Stadium-No exceptions -- Varsity June 9 2:30 at Stadium-No exceptions
3. **Track & Field Merchandise**- orders due by March. 21st –no exceptions https://stores.inksoft.com/dakota_track/shop/home
4. **UNIFORMS**-new uniforms can be purchased (store closes March 21st) <https://dakotatrack.itemorder.com/sale>
5. Shoes and Spikes (Hanson's Running Shop)
6. Pants, shorts, windbreaker, rain gear / cold and warm
7. Fundraisers –
 - a. Vertical Raise is a social donation campaign –No product, just need kids to email 20 people and post on their social media platforms
 - 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**
8. 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 & set up buffet lines/drinks (we may have it catered this year)





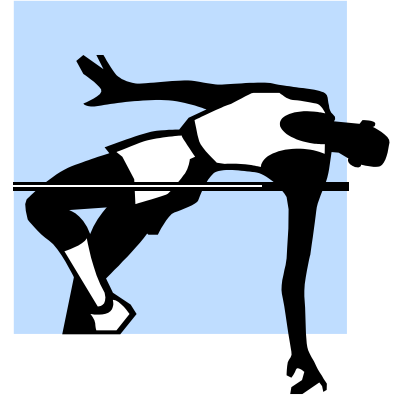
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VI. Forms –visit www.dakotatrackfield.com to follow the links directly

- a) Get an **athletic physical** from your doctor dated after **April 15, 2021**. Complete all information, including emergency contact info. Upload both sides to your planeths.com account.
- b) **Create/login** to www.planeths.com-- Both Parent and Athlete must have an account and link them together. Complete and upload all documents. Must be completed by March 11th if possible, so the Athletic Trainer can approve, before Monday. (Do not submit anything for Impact Test, we take care of that)
- c) **PERSONAL INFO, GOALS, TEAM RULES, UNIFORM SIZE REQUEST**—fill out through Google Docs @ <https://forms.gle/gmtBc4QumfqU5qPB8>
- d) **ATHLETIC FEE**—will be assigned to your account once we submit the roster, usually after spring break
- e) **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.

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.
- D. Injured athletes must still report to practice for rehab activities with the athletic trainer or event coach.



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 |

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



Schedule and stats also available at www.athletic.net



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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 (under the scoreboard, around the field events, woodchips, cut grass, edge runways, rototill long jump pits, rake shot put rocks)
- C. Thanks to boosters we have a RECORD BOARD, new PV & HJ pit covers
 - a. We need parents to join the booster club meeting and well as board positions and volunteer for concessions
 - b. Visit <https://dakotaboosters.weebly.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
 @dhslj to 81010 for **long jump** info
 @dhshj to 81010 for **high jump** info
 @dakotapv to 81010 for **pole vault** info
 @throwdhs to 81010 for **thrower** info
- a. You will receive Lineups, results, calendar reminders

