

**Dakota Cougars Track & Field**  
**Preseason Meeting Agenda**

February 14 & 16, 2017  
2:22 pm & 2:27 pm

- I. Welcome /Coaching staff introduction
- II. Expectations
  - a) Academic
  - b) Athletic
    - a. Practice
    - b. Meets-Home & Away
    - c. Diet
    - d. Life of an Athlete
    - e. Varsity /JV/ FS



III. Important Dates

- a) PARENTS MEETING = March 7<sup>th</sup> 6pm @ DHS Atrium
- b) TEAM MEETING = March 10<sup>th</sup> 10:30 am @ DHS Community Room–  
Impact Testing /hazing Video / Life of an Athete
- c) 1<sup>st</sup> PRACTICE = March 13<sup>th</sup> 2:45 pm @ Indoor Track
- d) TEAM SHOE/SPIKE NIGHT @ Hanson’s running shop = March 13<sup>th</sup>  
6-8 pm
- e) HOSTING BIG MEETS =SPRING BREAK CLASSIC, DHS INVITE,  
REGIONALS, COUNTY MEET
- f) TEAM DINNERS –Dave’s Pizza

IV. Business visit [www.dakotatrackfield.com](http://www.dakotatrackfield.com) to follow the links directly

- a) UNIFORMS-new uniforms can be purchased @ <http://www.boathouseteamstores.com/dakotahighschooltrackfield>
- b) APPAREL- can be ordered online @ [https://stores.inksoft.com/dakota\\_track\\_field](https://stores.inksoft.com/dakota_track_field) or by order form.
- c) GYM CREDIT
- d) TEAM PICTURES
- e) FUNDRAISER

V. Forms –visit [www.dakotatrackfield.com](http://www.dakotatrackfield.com) to follow the links directly

- a) PERSONAL INFO, GOALS, TEAM RULES, UNIFORM SIZE REQUEST—fill out through Google Docs @ <https://tinyurl.com/jlu8lyj>
- b) ATHLETIC FEE—pay online prior to the first meet @ <https://parent.payschools.com/categories.asp?id=5AB507457636494E911122167C153903&>
- c) PHYSICAL FORM-must hand in a hard copy before you can practice. Must be dated after **April 15, 2016** to be current. If you have one on file from a Fall or Winter sport you do not need a new one.
- d) 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.

VI. Other Handouts

- a) 2017 Meet schedule /Order of Events
- b) 2017 Practice Calendar
- c) Apparel order form, if you would rather not order online

VII. Adjournment –Thank you for your attendance.

You can contact me at any time [mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us)

Coach Timpa                      Room 200



VISIT [www.dakotatrackfield.com](http://www.dakotatrackfield.com) for more info or use the QR Code above