

# **Dakota Cougars Track & Field**

## **Preseason Meeting Agenda**

February 13 & 14, 2019

2:30 pm

- I. Welcome /Coaching staff introduction
- II. Expectations
  - a) Academic (2.0 and pass 4)
  - b) Athletic
    - a. Practice (2:30-4:30 daily)
    - b. Meets-Home & Away (bus both ways)
    - c. Diet /Life of an Athlete
    - d. Varsity /JV/ FS
- III. Important Dates
  - a) **PARENTS MEETING** = Tue March 5<sup>th</sup> 6pm @ DHS Comm. Room (REQUIRED)
  - b) **TEAM MEETING** = March 8<sup>th</sup> 10:30 am @ NGC Cafeteria (EXPECTED)  
–Impact Testing /hazing Video / Life of an Athlete
  - c) **1<sup>st</sup> PRACTICE** = March 11<sup>th</sup> 2:30 pm @ Indoor Track
  - d) **TEAM SHOE/SPIKE NIGHT** @ Hanson’s running shop = March 11<sup>th</sup> 6-8 pm
  - e) **HOSTING BIG MEETS** =SPRING BREAK CLASSIC, DHS INVITE, JV MAC Championships and Co-Hosting County Meet at Dakota
  - f) **TEAM DINNERS** –TBD
  - g) **Senior Pictures- Banners** for the stadium, yours to keep at the end of the season (OPTIONAL) Week of March 11<sup>th</sup> –athletes pay for their banner (approx. \$50)
- IV. Business visit [www.dakotatrackfield.com](http://www.dakotatrackfield.com) to follow the links directly
  - a) **UNIFORMS**-new uniforms can be purchased @ <https://dakotatrack.itemorder.com/sale>



- b) APPAREL- can be ordered online @  
[https://stores.inksoft.com/dakota\\_track/shop/home](https://stores.inksoft.com/dakota_track/shop/home)
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- c) Fan T-shirt Sales contest- can be ordered @  
[https://stores.inksoft.com/dakota\\_track\\_fan\\_store/shop/home](https://stores.inksoft.com/dakota_track_fan_store/shop/home)
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- d) GYM CREDIT
- e) **TEAM PICTURES** –April 17<sup>th</sup> 4-5 pm (must be present)
- f) **FUNDRAISER**-Cookies (march 8<sup>th</sup> -25<sup>th</sup> )...raising money for TF Scholarship, additional warm ups, repainting of the track

- g) **Track & Field Scholarship**-2 awards annually to a Senior who has competed in at least 3 seasons, with over a 3.0 GPA

V. 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 28<sup>th</sup> 6-8 pm or week of March 4<sup>th</sup> -7<sup>th</sup> 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 <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/>

VI. Other Handouts

- a) 2019 Meet schedule /Order of Events
- b) 2019 Practice Calendar
- c) Remind.com (Text @coachtimpa to 81010)



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)

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Room 200

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