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 5th 6pm @ DHS Comm. Room
      (REQUIRED)
   b) TEAM MEETING = March 8th 10:30 am @ NGC Cafeteria (EXPECTED)
      –Impact Testing /hazing Video / Life of an Athlete
   c) 1st PRACTICE = March 11th 2:30 pm @ Indoor Track
   d) TEAM SHOE/SPIKE NIGHT @ Hanson’s running shop = March 11th 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 11th –athletes pay for their banner (approx. $50)

IV. Business visit 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

c) Fan T-shirt Sales contest- can be ordered @
https://stores.inksoft.com/dakota_track_fan_store/shop/home

d) GYM CREDIT

e) TEAM PICTURES –April 17th 4-5 pm (must be present)

f) FUNDRAISER-Cookies (March 8th -25th )…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 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/)

VI. Other Handouts

a) 2019 Meet schedule /Order of Events

b) 2019 Practice Calendar

c) Remind.com (Text @coachtimp to 81010)

VII. Adjournment –Thank you for your attendance.

You can contact me at any time ntimpa@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