

Dakota Cougars Track & Field
Preseason Meeting Agenda

February 4 & 13, 2020
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 3th 6pm @ DHS Comm. Room (REQUIRED)
 - b) **TEAM MEETING** = March 6th 10:45 am @ NGC Cafeteria (EXPECTED)
–Impact Testing /hazing Video / Life of an Athlete
 - c) **1st PRACTICE** = March 9th 2:30 pm @ Indoor Track
 - d) **TEAM SHOE/SPIKE NIGHT** @ Hanson’s running shop = March 9th 6-8 pm
 - e) **HOSTING BIG MEETS** =SPRING BREAK CLASSIC, DHS INVITE, JV MAC Championships and Macomb County Meet at Dakota
 - f) **TEAM DINNER** –TBD
 - g) Senior Pictures- Banners for the stadium, yours to keep at the end of the season (OPTIONAL)
March 5th –athletes pay for their banner (approx. \$50) in room 200 at 2:30 pm
- IV. Business visit www.dakotatrackfield.com to follow the links directly
 - a) **GYM CREDIT** -see Team Rules handout
 - b) **TEAM PICTURES** –April TBD 4-5 pm (must be present)
 - c) Fan T-shirt Sales contest- TBD

- d) APPAREL & UNIFORMS-can be purchased @ https://stores.inksoft.com/dakota_track/shop/home



- e) **FUNDRAISER**-Biggby Coffee cards (March 6th - 23rd)...raising money for TF Scholarship, additional warm ups, state finals expenses, poles, shot puts, discus, and other equipment.



- f) **Track & Field Scholarship**-2 awards annually to a Senior who has competed in at least 3 seasons, with over a 3.0 GPA, applications will be give to those who qualify

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

- a) **PARTICIPATION CARDS**-- **NEW in 2019**... Must be collected from the athletic office on Feb 27th 6-8:00 pm or week of Feb. 24th to Mar.-5th from 2:30 to 5:00 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, 2019** 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, 2020 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/>
- h) **Athletic Training acknowledgement form**
https://docs.google.com/forms/d/e/1FAIpQLSdgMT2xOjy0Jm63WrDVSd0zgJhF3v_q0B4xVkp_cp7SqS_qDkg/viewform?vc=0&c=0&w=1

VI. Other Handouts

- a) 2020 Meet schedule /Order of Events
- b) 2020 Practice Calendar
- c) Remind.com (sign up for at least one!)

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
@dhshj to 81010 for **high jumper** info
@dhslj to 81010 for **long jumper** info
@dakotapv to 81010 for **pole vaulter** info
@throwdhs to 81010 for **thrower** info



VII. Adjournment –Thank you for your attendance.

VIII. 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.

IX. You can contact me at any time mtimpa@cvs.k12.mi.us

VISIT www.dakotatrackfield.com for more info or use the QR Code above

See coaches in their classrooms anytime

Coach Timpa	Room 200
Coach Roginski	Room 341
Coach Pojeta	NGC-GYM or 215 (6 th hour)
Coach Skowneski	Room 225
Coach Zarzycki	Coaches Conference Room