**Parent Meeting Agenda 2021**

* Welcome
  + Introduce coaching staff
    - Coach Barquin: head coach, hurdles, sprints, multis
    - Coach Stricker: sprints, long/triple jump
    - Coach Pabst: pole vault
    - Coach Hagerman: high jump
    - Coach Anderson: throws
    - Coach Paxton: javelin
    - Coach Paint: Distance
* Theme
  + Track is chasing perfection.
  + Track is always fighting for a little more and trying to improve which is AWESOME!!
  + We are here for different reasons: college bound, getting in shape, another sport, it’s FUN, this can be a very positive sport, friends dragged you here….
  + DEADICATION
  + Work outs are always a range and it is about pushing yourself but also knowing your limits and listening to your coaches. We don’t want you hurt.
* Meet Schedule
  + JV vs Varsity meets (9 JV and 14 Varsity)
    - Time Trials will help coaches determine the first few meets. Spread throughout the next few days.
    - Spring Break practices will be optional
  + MileSplit and Athletic.net have the schedules and results. All Varsity meets will be on MileSplit while some JV meets are on athletic.net
  + Qualifying as a Varsity member: Top two to four for each event, competition appropriate (ex: opening heights), grades, work ethic, attendance, attitude, available bus space, time trials. All Varsity meets limit schools to how many can be entered in each event. Our first varsity meet is alone us our top 3 but it changes between each meet.
  + Qualifying as a JV member: As many as we can take but grades, work ethic, attendance and attitude.
  + Relay selection: complicated mixture of variables
  + **Meets are a privilege not a right.**
  + Athlete can bounce between JV and Varsity.
    - Some later JV meets will be competitive
* Decathlon and Heptathlon
  + Dec: 100, LJ, Shot, HJ, 400 110, Disc, PV, Jav, 1500
  + Hep: Hurdles, HJ, Shot, 200, LJ, Jav, 800
  + Any athletes interested need to talk to Coach Barquin. We will be selected four athletes from each gender to train.
* Attendance
  + Will be a challenge this year due to Covid.
  + Three unexcused absences and will be asked to leave the team.
  + Communication!!!!
  + Track is very individual and if you are not putting in the effort we will talk to the athletes and if it does not improve we ask them to leave. For example, warm ups, sitting on the pits, little effort.
  + We understand life can interfere with track but we need communication and dedication.
  + Club soccer/work etc. and varsity level. (case by case) We don’t want to hurt your athletes by over working them so they need to communicate when they have multiple events coming up.
* COVID
  + Social distance
  + Masks on the bus
  + Contact tracing
  + If exposed and not vaccinated 5 days out.
* Lettering as a Varsity athlete:
  + Reach the marks set by coaches in an electronically timed meet. Marks can be found on the FHS track website
* Travel to and from meets
  + Must travel to meets with the team unless there are special circumstances like ACT or family emergencies. Meaning if you miss the bus your parents can’t just drive you down. District is getting stricter on allowing you to take athletes down so that they can rest longer or don’t want to wake up early. We have two leave times to help with this. If you do take your athlete to the meet there are special papers that must be signed 48 hours before the meet, not day before.
  + May go home with parents when done with all events, check out with a coach. HOWEVER, there is a form that must be completed prior to the meet. I will provide every athlete with this form and you can sign it for the entire season.
  + Parent permission from the office if traveling with other parents. Meaning, if you want to take you athletes friend home with you after the meet they need to have the form filled out by both parents prior to the meet. Forms can be grabbed form the front office.
  + Bus leave time is important don’t be late!!! When I say we are leaving at 7:00 am I mean it.
* Picking up kids on time after meets :-). We can’t leave until all athletes are picked up.
* We ask each family to donate a none perishable snack so that way we have food available for all athletes since meets are typically all day. This is not a requirement but if you can we greatly appreciate it!
* Uniforms… need to RETURN THEM! These are brand new uniforms so if lost it will be expensive to replace and a charge will be added to the athlete’s student account.
* FanCloth closes next week. I have sent out a few emails with the link and athletes also have the catalog.
* We do have extra team shirts from previous years. They are $20 each. Please email coach Barquin if you would like to purchase some.
* Fundraising
  + THANK YOU: pits, hurdles, javelin, entry fees
  + Entry fees are $5000 this year
  + Each athlete needs to bring 5 cell phone numbers that we are going to text asking for them to donate ta credit money. Text message plan on Feb 23rd, 5 numbers needed
  + If you can, donate tax credit please!!!!
* Team Contract
  + Athletic handbook you agreed to
* Injuries
  + There is a difference between sore and hurt
  + Life Style: sleep 7-9 hours, Nutrition, Water and Stress
* Practice schedule
  + Monday – Friday from 3:00 – 5:00
  + Times will vary depending on events and if there is a meet the following day
  + If weather is bad practice will be indoors
* Training equipment/shoes/spikes/clothing
  + Spike Night all of Feb
  + Spikes/Shoes in closet please talk to Coach Barquin if you need a pair
  + Any donations?
* Communication
  + I send the email to what it is on FinalForms.
  + I will try my hardest to send out an email Sunday or Monday of any updates and leave times.
  + Remind Me App can be found on the top of the track schedule. It is very important that all athletes are in this group message
  + I will include who is racing and meet info this year
* College recruiting
  + They look at times, reach out, talk to coaches. We can help!