

SHOREWOOD
TRACK AND FIELD 2012
PRESEASON TEAM MEETING – AGENDA
Show Up – Do Something!

1. Hello - Introduction to Coaches:
 - a. Lance Neubauer (Head Coach)
 - b. Paul Villanueva (Assistant Head Coach)
 - c. Miles Mason (Distance)
 - d. Dave Johnson (Pole Vault)
 - e. Open Coaching Position

2. Our Vision - “Inspiring a life-long passion for Track and Field and Athletics!”

3. SIGN IN SHEET – see <http://gotbirdstrack.com> – sign up online!

4. ATHLETIC PACKET – Return to - BUSINESS OFFICE – By 02-17-2012 (break..)!!
 - a. Return Athletic Packet to the business office if you want to practice on the first day.
 - b. You NEED: - Yellow Card (Athletic Emergency Card) – (Filled out and Sign)
 - c. Valid Physical on file.
 - d. Permission Form. (Read and Sign)
 - e. Parent/Athlete Concussion Form. (Read and Sign)
 - f. Track and Field Safety Form. (Read and Sign)
 - g. Fees paid. (\$100 Athletic Fee, \$30 ASB Card Fee)

5. Captains 2012
 - a. Girls: Alicia Hoverson, Bethany Smith, Charlee Linton
 - b. Boys: Josh White, Hayden Loch

6. Before you can PRACTICE: Monday, 2-27-2012 - in Gym @ 3:00pm
 - a. Yellow Card – returned to us, stamped and approved by the Business Office
 - b. Be prepared to practice. – Show up and DO THE WORK to be successful!

7. ELIGIBILITY to participate in a meet – Passing ALL classes, complete ten (10) practices, have all paper work completed and fees paid. (Running Start or Home School? – Please see me)

8. SCHEDULE. After the first day we will practice at Shoreline Stadium. We have a shuttle leaving Shorewood (South parking lot) to the stadium at 2:35.

9. Prepare NOW – M, W, and F – Weight room @2:45. Shoreline Stadium T, TH @3:00 Check with you event coach – train correctly!

10. Track and field website – www.gotbirdstrack.com. Get to it from the School WEB site.
 - a. Twitter – <http://www.twitter.com/gotbirdstrack>
 - b. Facebook – join the gotbirdstrack group

11. SPIRIT Pack – Start checking www.gotbirdstrack.com for updates

12. Sign up for helping at the Booster Auction first 20 to sign up – setup 03-09-2012 and the day and night of the auction on 03-10-2012 (community service hours) --- Item donations.

13. My contact information is on the WEB site. lance@gotbirdstrack.com