Parent/Athletes’ Info 2020

1. **Introduction of Staff:**
* **Mike Moore**-Head Coach-Sprints (100 & 200), Hurdles, Relays
* **Tim Casey**-Assistant Coach- JV/10/9-Head Coach, Relays, Hurdles, Strength and Conditioning
* **Ryan Ahlers**-Assistant Coach- 400/Mid-Distance & Distance (400, 800, 1600, 3200)
* **Norm Balke**-Assistant Coach-Throwers (Shot Put & Discus)
* **Jason Dwight**-Assistant Coach-Strength and Conditioning, Sprints, Block Starts
* **Carrie Karr**- Assistant Coach- Jumps Coach (High Jump & Long Jump)
* **Javon Duarte**-Volunteer Coach-Hurdles, Sprints, Sprint Relays
* **Ross Salinas**-Volunteer Coach-Distance (1600/3200)
1. **Contact Information for Coaches:**

moore.mike@iowacityschools.org cell # 319-325-1568

casey.tim@iowacityschools.org cell # 319-541-3953

ahlers.ryan@iowacityschools.org cell # 406-312-3234

balke.norm@iowacityschools.org cell # 319-530-2487

jsandc@yahoo.com – Jason Dwight cell # 319-331-2770

karr.carrie@iowacityschools.org cell # 319-631-4322

j.duarte@gatewaywireless.us cell # 319-400-0798

1. **Permission to Practice and Physical Forms:**

**Athletes must have** **Permission to Practice and Physical Forms on file before they can start practice.** See Coach Casey to receive your copies and find out when your physical expires. You canalso access the forms on the following school web site: <http://www.edline.net/pages/Iowa_City_HS/Athletics2/Athletic_Forms>

1. **Communication:**

The Coaching Staff is making **COMMUNICATION** a very important priority for everyone! We will use **emails**, Team Meetings (Mondays in the Commons), Twitter, website, text messages and the **Track and Field bulletin board (across hall from coach’s office)** to communicate important information to the team and their parents.

**Twitter Account for the Boys Track & Field Program: Only 373 follower from the team! I will not follow you!**

This is required for communication purposes-**@chsboystandf**

**Website:** [www.cityhighmenstrackandfield.weebly.com](http://www.cityhighmenstrackandfield.weebly.com)

1. **Lettering in Track and Field:**

**Varsity Letter:** Score 25 points in a Varsity Meets and finish the season in good standing with the coaching staff.

 **\*\*Distance Runners and Throwers only have to acquire 12.5 points to earn a Varsity Letter\*\***

**JV Letter:** Score points in JV Meets and finish the season in good standing with the coaching staff.

**Sophomore Numerals:** Compete in Sophomore Meets and finish the season in good standing with the coaching staff.

**Freshman Certificate:** Compete in Freshman Meets and finish the season in good standing with the coaching staff.

1. **Important Dates for the 2020 Season:**

Included in this Information Packet is a list of Important Dates.

1. **Musical/Jazz Band/Choir participants:**

We encourage all of our athletes to be involved in as many co-curricular activities as possible when attending City High. **If you are in the Musical, Jazz Band or Choir; you will need to communicate your schedule to the coaching staff. We will work with you but you must communicate with us!**

1. **Baseball and Soccer participants:**

We encourage all of our athletes to be involved in as many sports as possible when attending City High. **If you are trying out for baseball in May or Soccer in March, you will need to make sure all City High Boys Track and Field requirements are taken care of first before you go baseball/soccer practices. We will work with you but you must communicate with us!**

1. **Non-School Participation Form:**

If you are playing on a club (baseball, soccer or basketball - AAU) team during the season, you will need to make sure all City High Boys Track and Field requirements are taken care of first before you goes to your other sport. **See me to sign a Non-School Participation Form. We will work with you but you must communicate with us!**

1. **Spring Break:**

Make sure **you communicate with Coach Moore** if you is going to be gone for Spring Break. Sign up on the Bulletin Board across from the coach’s office.

1. **Schedule:**

The schedule is attached to this email. **The schedule can also be found on the following school web site:** [**http://www.edline.net/pages/Iowa\_City\_HS/Athletics2/Spring\_Athletics/Track\_\_\_Field\_-\_Boys**](http://www.edline.net/pages/Iowa_City_HS/Athletics2/Spring_Athletics/Track___Field_-_Boys)

**(Please check rSchoolToday calendar at http:www.littlehawkathletics.com for most current calendar)**

1. **T-Shirts Orders: Due Saturday, Feb 29th.**

No one is required to buy one. See Coach Moore for an order form. There will be a second order in March. There is an order form included in this Information Packet. Also, you may order this year’s apparel at the T-shirt Mill’s website: <https://tshirtmill-ic.com/>

1. **Attire during Practice: Below is what is required of your son.**

All event groups will be required to wear sweatshirts and sweat pant until 60-degree weather is in the forecast. If you do not own sweat shirts or sweat pants. Always have your gym (running shoes) and track spikes at school so we may use them!

1. **Attire during Meets:**

**Everyone is required to wear the City High Track and Field uniform and warm ups that have been issued to you. Anything else you wear during the meet need to be City High colors,** more information, as we get closer to meet competition.

1. **Team members should volunteer for the upcoming events: Fund Raising Sales Blitz, Volunteer Day @ Lucas Elementary, etc:**

These events will be required of our team members and their full participation is part of being on this team!

1. **Grades! Please be checking PowerSchool to keep up with your grades. I will be checking weekly and offering a Before School Study Hall in Coach Casey’s Classroom.**
2. **Rec. League and Speed Ball Tournament- Neither of these can happen until your workout is complete!**
3. **Working during season: You must clear all work schedules for practice and meets by the end of the week.**

**-Weekday work cannot start until 6:00 pm.**

**-Weekend work cannot start until 11:00 am on Saturday & you can work all day Sunday.**

1. **Strength Training Class? - If you are planning on taking ST class this spring, coaches need to know.**
2. **No headphones or ear buds during practice.** I need a volunteer to make a play list, see me after meeting.