

Athletes' Meeting 2016

1. Introduction of Staff:

- **Mike Moore**-Head Coach-Sprinters (100 & 200), Hurdles, Relays
- **Tim Casey**-Assistant Coach- Jumps Coach (High Jump & Long Jump), Hurdles, Relays, Strength and Conditioning
- **Andrew Smith**-Assistant Coach- Distance (3200 & 1600, 800, 400)
- **Ryan Ahlers**-Assistant Coach- Mid-Distance & Sprinters (200, 400, 800, 1600, 3200)
- **Taylor Freeman**-Assistant Coach-Throwers (Shot Put & Discus)

1. Contact Information for Coaches:

moore.mike@iowacityschools.org	cell # 319-325-1568
casey.tim@iowacityschools.org	cell # 319-541-3953
smith.andrew@iowacityschools.org	cell # 563-581-7597
ahlers.ryan@iowacityschools.org	cell # 406-312-3234
t.k.freeman90@gmail.com	cell # 319-631-0595

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 can also access the forms on the following school web site:

http://www.edline.net/pages/lowa_City_HS/Athletics2/Athletic_Forms

1. Communication:

The Coaching Staff is making **COMMUNICATION** a very important priority for everyone! We will use Team Meetings (Mondays in the Commons), Twitter, emails, 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 125 follower from the team! I will not follow you!

This is required for communication purposes-@chsboystandf

Website: 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.

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. Baseball Players:

We encourage all of our athletes to be out for as many sports as possible when attending City High. **If you are planning on trying out for baseball in May you will need to make sure all City High Boys Track and Field requirements are taken care of first before you go to baseball 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'll need to make sure all City High Boys Track and Field requirements are taken care of first before you go to 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 are going to be gone for Spring Break. We encourage the Varsity Athletes to stay in-town to train and compete so you are best at the end of the season.

1. **Schedule:**

The schedule is attached to this packet. **This can also be found on the following school web site:**

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 Friday, Feb 19th- No one is required to buy one. See Coach Moore for an order form. There will be a 2nd order in March.

1. **Attire during Practice: Below is what is required to wear during practices.**

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

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

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. **Important Dates for the 2016 Season:**

Included in this packet is a list of Important Dates.

1. **Team Meals, Fund Raising Sales Blitz, Volunteer Day @ Lucas Elementary, Little Hawk Challenge (Tuesday, Feb. 16th Boys Basketball vs. Dub. Senior):**

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!**
2. **Strength Training Class? - If you are planning on taking ST class this spring, coaches need to know.**
3. **Rec. League and Speed Ball Tournament- Neither of these can happen until all of your workout is complete!**
4. **No more head phones or ear buds during practice.** I need a volunteer to make a CD with a play list, see me after meeting.
5. **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 also work all day Sunday.**

Success Doesn't Come To You...

YOU GO GET IT!