

## Sheldon Track & Field General Information

### Coaching Staff:

Head Coach: Erin Regali Cell: (541) 954-4745

Email: [eregali@comcast.net](mailto:eregali@comcast.net) & [regali\\_e@4j.lane.edu](mailto:regali_e@4j.lane.edu)

Team website: [www.sheldontfxc.org](http://www.sheldontfxc.org)

Meet Results: [www.athletic.net](http://www.athletic.net)

Athletic Director: Heather Stein: [stein\\_h@4j.lane.edu](mailto:stein_h@4j.lane.edu)

### Event Coaches:

Jumps: Bruce Goodnough & Elizabeth Kenney

Hurdles: Roger Herbert & Matthew Kenney

Distance/Relays: Ian Dobson, Jill Mestler & Anne Regali

Pole Vault: Chris Horton & Dennis Ludwig

Sprints/Relays: Kelly Walk

Throws: Les Phillippo & Jill Fogelstrom,

### School Trainer: Laura Baker

Office phones: 541-790-6652 & 541-760-5848

[Baker\\_l@4j.lane.edu](mailto:Baker_l@4j.lane.edu)

New this year, Laura will be stationed on the turf field for athletic training needs. She is a great resource for athletic training needs, a first assessment of a potential injury. If additional care is needed by a Doctor, a release note is needed to return to practice.

### Practice Guidelines:

Practice schedule: Monday-Friday at 3:45

The end time varies from 5:00 to 5:45

All Athletes will meet at the Track Shed

There will be Team Information Posted daily on the shed

**NEW:** All athletes will check in and out daily with a QR code

**NEW:** All athletes must wear a face mask at practice and competition

**NEW:** Practice 6' social distancing when not competing

### Athlete Guidelines:

1. Maintain Academic Eligibility: Must be enrolled in 4 classes in Term 3, IHS needs 2.0 credits. Grades will be checked for term 2, if did not pass 4 classes, an academic hardship can be applied for.
2. Follow Athletic Training Rules
3. No Locker room access
4. Attend all practices
5. Communicate schedule conflicts
6. Report Injuries to coaches and trainer ASAP
7. Travel with the team: **NEW–All students must ride a bus to the meet and back to Sheldon**
8. Always show respect and represent your school & team well
9. Athletic fee \$50; If you have done a sport in season 2, then track is free in season 3

### General Season & Meet Information:

1. Track & Field accepts all athletes
2. The season begins April 5<sup>th</sup>, first sport is required to have (5) practices in before competition. Season 2 athletes waived. The season ends May 22<sup>nd</sup>.
3. Spectators–There will be a designated spectator area at the meet & more info to come on access.
4. First meet will be an Inter–squad meet. All marks will count, wear uniforms & use of volunteers/officials
5. There will be Varsity meets & JV meets
6. The season will end with District Meets for both V/JV
7. Final “state” meet to be determined

### Track & Field Clothing/Shoes:

- Uniform Issued to all athletes
- Track & Field gear for sale
- Shoes–vary upon Events–Seek coach for assistance
- I keep a “used” shoe rack in the Track shed for kids to use/borrow
- If you have shoes that do not fit at home, please feel free to donate to this shoe rack