

2020 Boulder Track and Field Information

Head Coach: Carl Worthington (HJ/Hurdles/sprinter/relays, fill in) C- 303-809-6863 text ok

Assistant Coaches: Geo Tam ,Marc Goulet (distance), Tim Green (LJ/TJ), Wayne Carroll, (sprinters/relays) Brent Beikert, (Shot/Discus) Chris Thorson Mary Vincient (PV), Jerry Babiak (JV, Hurdles) Matt Mc Carthy (Hurdles), Anthony Pinter (HJ) Volunteers – Dana Grinde (HJ), Robert Lydic (Hurdles) and Ryan Bishop(Shot/Discus)

First practice: Monday, March 2nd Practice will meet at **Fieldhouse by track**, practice runs from 4:05-5:30 everyday plus February 27th or 28th to move out equipment and pits

Things you must do before you can practice:

1. Have an updated physical on file that runs through the season. If you have not had a physical already, then make an appointment immediately, as doctors are often quite busy around the start of a new season.
2. Complete the insurance waiver, parent permission form, athletic code of conduct, and high school eligibility form (see online information)
3. Pay athletic fee
4. Turn in all of the above to, Registration **starts online** around 1st of February, then turn in to Jenni Bernstein, athletic secretary, get a receipt and turn it in to Carl on first day of practice.

Parent / Athlete meeting: Spring Sports information meeting January 28th 6:00pm in Auditorium then break out session

Other Parent needs: Someone to help with the track website, please talk to me for more information

You must have 5 official practices with the team prior to your first competition (unless you're coming from a winter sport). You must have at least 5 classes

First Competition: See schedule on back -Time trial March 2nd at Boulder's track starting at 9am

Meet: Saturday March 14th Coyote Invite @ Centuarus (which we are co-hosting). All parental assistance is appreciated for concessions and help running the meet. This is our fundraiser, selling concessions and running the meet.

There is optional practice during spring break

Suggestions as you prepare for the season:

1. Make sure you have a good pair of training shoes. If you are going to buy new shoes, you can go to Boulder Running Company, Runner's Roost or In Motion Running, mention you are on BHS track team what events and they will help you select a pair of shoe for you. Plus they will give you a 10-20% discount. If you can't afford any of these let me know. Or specialty shoes-

<https://eastbaystore.com/OFTS4394/Category/All>

2. Distance runners can join Geo running group after school from 3:45-5:30
3. Sprinters, hurdlers and field events people can join Carl on Mon and Wed 3:45-5:00 south of the PIT gym for drills and running, Tues and Thurs drills plyos and lifting in the weight room.
4. **What to bring first day:** Receipt, sweats, tops and bottoms, hats, gloves, running shoes, a positive attitude, be ready to work hard and have fun.
5. **No cut sport everyone who follows track guidelines will be able to compete JV (unlimited most meets) or Varsity (generally top 2-6 in each event).**
6. We will keep the same Jackets but if you want to order a new one we can around \$30.00 for the top \$10-15 for bottoms, Team tee-shirt \$10.00. Seniors will have team sweatshirt logo with gray hoodie, which is also optional \$20-25.00 or we can stay with the purple sweat shirts

Also you can buy your own compression shorts (Black) for guys and girls from one of the running company a **solid color and only one logo** -\$10-15.00

Email Geo geo@geotectures.com and caworthingtonjr@gmail.com and cell number for team snap email blasts

Goals for the team

- (1) Get better by the end of the season
- (2) Top 3 at Boulder County Championships
- (3) Top 3 at League Championships
- (4) Qualify as many as we can for State
- (5) Break school records
- (6) Place high at the State Championships!!!!