

# Chenango Forks Track & Field

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## First Week of the Season – Parent Information

Dear Parents and Guardians,

We are excited to officially begin the track and field season and are looking forward to a great year with our athletes! Below is some important information as we start the season. Please check out our website [www.cfexchangezone.com](http://www.cfexchangezone.com). Here you can find the meet schedule as well as important information throughout the season and our program history. We also have a team facebook group as well as a team instagram. Be sure to check out our podcast “The CF Exchange Zone” available on Apple Podcasts and Spotify. We will be releasing episodes once a week (day TBD) to highlight our athletes as well as giving listeners an inside look to our program philosophy. We will also provide insight for listeners who might not be familiar with the sport.

## Team Store

Our team store is currently open and will close Wednesday morning at 9:00 AM. Please see the website for the store link.

## Practice Schedule (This Week)

**Wednesday:** 3:15 – 5:00 PM

**Thursday:** 3:15 – 5:00 PM

**Friday:** 9:00 – 10:30 AM

**Saturday:** 9:00 – 10:30 AM

## Parent Meeting

We will be holding a parent meeting on Saturday at 10:30 AM in the library, immediately following practice. During this meeting we will go over important information for the season including team expectations, jerseys and team apparel, fundraising, and our Rotary Relays meet that we will be hosting.

## Jerseys

Athletes who already have a jersey may continue using their current jersey if they would like.

Any new athlete, or returning athlete who would like a new jersey, may order one. These jerseys are made with upgraded material and will look very similar to the previous version. The only visual difference is that the red outline will no longer be included. The cost of the jersey is \$50, and athletes will be able to keep it throughout their entire career in the program. All athletes will also receive a team t-shirt. For our throwers, this t-shirt will serve as their competition top. If

paying the \$50 for a jersey presents any difficulty, please speak with a coach. We want every athlete to be able to participate. We will accept cash, check, or Venmo for jersey payments. More details about how and when to pay will be provided soon.

## **Practice Groups**

**Throwers:** Coach Paske

**Distance Runners:** Coach Groover

**All Other Athletes:** Coach Motell, Coach Ford, and Coach PG

## **Coaching Staff**

Coach Motell- Head Coach, Sprints, Hurdles

Coach Groover- Deputy Head Coach, Distance, Hybrid Sprinters, Relays

Coach Paske- Throws Coach

Coach PG- Sprints, Hybrid Sprints, Horizontal Jumps

Coach Ford- Modified Head Coach, Pole Vault

Coach Big G- Distance, High Jump

We are extremely excited about the season and are looking forward to working with the athletes. If you have any questions, please do not hesitate to reach out.

Sincerely,

The Chenango Forks Track and Field Coaching Staff