

`SHS Track FAQ's-SHS Track Season information

Who can you contact?

- Sports registering know-it-all: Connie Pollock 503-825-6008 (payment info too)
- Athletic Director: Katie Hartman 503-825-6007
- Parent Square to contact Coach John Mantalas: or Coach Tyrone Stammers

Practice times? Practice starts 3/4/25 at 3:45 in the Commons. Practice begins at 3:45 **each day** and goes until 5:45 or sooner. Athletes may be done with their workouts earlier.

Senior Skip Day:

Seniors missing school and practice due to S.S.D. will not be able to participate in the next track meet.

Who are these track coaches anyway?

- John Mantalas: Girls Head coach, girls distance, meet management
- Tyrone Stammers: Boys Head coach, boys distance, meet management
- Cheryl Sproul: sprints, hurdles, relays
- Rob Kelley: throws
- Frances Bunday:Sprints, High jump, LJ, TJ
- Shannon Milton-Sprints, relays
- Chris Poole: Distance
- Kelly Roth-Distance
- Scott Edinger: sprints, LJ, TJ
- Bart Charles: throws
- Jen Travis: throws
- Ethan Voss: Pole Vault
- Eric Whitmore: Pole Vault
- T Smith: jumps
- Debra Teo: Distance

Websites: Sherwoodtrack.com, [SHS Track Site](#) [Athletic.net](#) (data etc.),

Fundraising?

Fundraising activities: Need for Speed Classic meet and involvement in Booster Club activities

Funds raised during the track season will be for the following purposes: Equipment, meet entry fees, costs for invitationals, coach training, athlete clothing, clinic presenter stipends, meet timing software, track facility enhancements/upgrade, volunteer coach support.....

Short links to web resources: A

- SHS Track Data, athletic.net bit.ly/shsathdotnet
- SHS Track Facebook bit.ly/shstrackfacebook
- SHS Track FAQ's bit.ly/shstrackfaq
- SHS Athletic Web Page bit.ly/shsathleticspage

What is needed to be ready to practice?

- Being grade eligible (above a 2.0 tri 1, then again at tri 2) and passing 4 of 5 classes
- Homeroom grade up to date (missing one career credit assignment, no practice. There is a 5 day wait period after turning in Career Credit completion note to be eligible)
- A current physical
- Proof of insurance
- Season fee paid

Behavior Standards and discipline? [Link to the standards and consequences.](#) Athletes are expected to behave appropriately. If an athlete fails to live up to the standards, He/she will have an opportunity to explain to the coaching staff why they should be allowed to stay on the team.

Track clothing will be available for sale. Competition singlets, jackets, and team shirts will be issued. Families should purchase their own pair of black warmup pants and black competition shorts/tights.

Outside coaching: Hiring an outside coach is allowed and in some cases encouraged for the off-season, particularly in events where the off-season facilities are available such as pole vault and high jump. We strongly discourage having an outside coach during the season due to over-training and loyalty challenges. All athletes are expected to complete all workouts and will not be allowed to leave early or go light on workouts because of additional workouts with an outside track and field coach. In the case where an outside coach is retained during the season, that coach will be discouraged from contacting athletes during meets. In the event the outside coach attends a competition, it is expected that the coach does not provide any coaching to the Sherwood athlete during the meet.

Excuses to miss practice? Work is **not** an excuse to miss practice. Drivers training that can't be scheduled otherwise would be considered excused if prearranged. Unexcused practices will result in missed meets.

Athletes are expected to stay until the end of all league dual meets.

Parents can transport their own **kid home from meets** after the post-meet meeting and attendance.

Athletes riding with other parents home from meets? No, unless coaches have a driving/riding form on file for that day or for a standing arrangement. Drive/ride forms are available in the office.

Meet day track gear? Athletes will be in **full gear** for home and away meets. Approved gear includes issued jackets, jerseys, team shirts, and black warmup pants.

Community Service? Examples of service include working the middle school meets (2) and the Sherwood Track Club meet. Also, coaching for the Sherwood kids track club after the high school practices will count as CS hours.