

GIBBON

2023

Track & Field

Handbook

Coach Stall – Head Coach
Coach Fehringer – Co-Head Assistant Coach
Coach Clevenger – Co-Head Assistant Coach
Coach Andersen – Assistant Coach
Coach Bisbee – Assistant Coach
Coach DeMers – Assistant Coach
Coach Rockefeller – Assistant Coach
Coach Zwink – Assistant Coach

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*2.19.2023 edition

Coaches

Coach Leon Stall. I assumed Gibbon's head coaching position in the spring of 2017 after serving as the head assistant coach since 2003. Prior to teaching/coaching at Gibbon, I was the Varsity / Jr. High head track & field coach at Tecumseh High School for six years. I teach high school social studies. If you need to contact me, I'm available before/after school, following practices or during my scheduled class planning time (5th Period 11:37 – 12:27). I may also be contacted at my cell phone (308) 440 – 4975. Please don't hesitate to contact me anytime outside of school hours. I'm here to help your student-athlete achieve their highest potential. (head distance 400m – 3200m runners & high jumpers)

Coach Ben Fehringer teaches high school PE, weights, health. (head throws coach)

Coach Angie Clevenger teaches high school English. (assistant distance & high jump coach)

Coach Andersen teaches industrial tech. (assistant throws coach)

Coach Bisbee teaches high school science (assistant throws coach)

Coach DeMers teaches high school and elementary PE, health (head sprints coach & long jump coach)

Coach Stacy Rockefeller teaches high school mathematics. (head hurdles coach & assistant sprints coach)

Coach Zwink teaches jr. / sr. high sciences (head triple jump coach & assistant sprints coach)

Program Goals

My primary goal as a coach is to develop responsible adults by promoting self-confidence, individual pride, a strong work ethic/habit, while fostering a strong sense of team and community.

My secondary goal as a coach is to have successful individual athletes and teams. Success in track & field is measured as progressive improvement throughout the season. Our focus isn't necessarily on who takes home the medals or trophies, but on how well the individuals and teams are improving from one meet to the next.

** Remember if we only focus on a top 6 medal or a 1st place trophy as success, we're only setting ourselves up for failure! There can only be one individual champion out of the 17 events and one team champion per meet. Your teammates need your ENCOURAGEMENT and POSITIVE reinforcement throughout the season, especially after a tough meet or practice. REMEMBER WE'RE A TEAM!*

Practices

Practices are mandatory!!! It's very important that you're at **All** practices. I do realize that emergencies arise and missing a practice is unavoidable. **You must talk to me personally.** Do not send a teammate or a friend, do not text me, do not email me, and DO NOT talk to an assistant about your absence without first talking to me. You are part of a team, and part of being on a team is being committed to yourself, the team, and the sport. **Athletes will be dismissed from the team if they accumulate 2 unexcused absences.**

Practices will be held each day beginning at 3:40 and will typically end no later than 5:30. **It is imperative that you make yourself available for practice each night.** We will start each practice by either meeting in the gym or meeting at the track. Do not congregate in the hallway prior to the start of practice. Each athlete will be assigned to a specialty group led by co-group captains (male & female). You will congregate and begin the warm-up routine promptly at 3:40. Following the warm-up routine your specialty coach will go over information regarding practices, meets, and other items of importance. When you've finished practice get in and out of the locker room/building ASAP; do not loiter. If you have aches and pains, you must let your specialty coach know about them, so we can treat them before they become major obstacles down the road.

Appointments

Missing key practices break down the training schedule. It's imperative that you're at all practices.

Parents/athletes should schedule appointments after school, the day before meets, or the day after meets.

Parents scheduling appointments must notify me the day before the absence. Individuals should limit these appointments as much as possible; remember we're a team and we like to work as a team!

Safety Precautions

Road running: When we're running during practice, you should stay on the **right** shoulder of the road.

Hydration

Use a water bottle throughout the school day. You should expect to drink a minimum of 64oz of water throughout the day to prevent dehydration during practice.

Diet

A well-balanced diet is essential for an athlete. Especially on race days, fatty and fried foods and carbonated or acidic drinks should be avoided. Small portions of easily digested foods eaten at least 3 hours before competition are best. Water intake should never be limited. Most runners crave carbohydrates since this is the primary fuel for endurance events such as cross country.

Apparel

We will run in all weather! Make sure you have adequate practice clothes. Uniforms checked out by the school should be used only for meet days. Athletes are expected to remain in their Gibbon uniform / Gibbon apparel until the completion of the meet – solid black sweatpants are acceptable. Look like an athlete that cares!

Shoes

Make sure you have a good quality pair of athletic shoes. Poor running shoes typically result in a variety of painful foot, knee, and leg injuries. ***IF YOU CAN FOLD YOUR RUNNING SHOE UP INTO A BALL AND FIT IT IN YOUR HAND,*** you do not have a good pair of running shoes.

Grooming

Hair must be clean, neat, and if colored, maintained in a natural tone. This means no colors such as green, purple, blue, pink, etc. hairstyles - A neat natural haircut and hairstyle is important. Extreme styles such as shaving or sculpting a design in the hair or allowing hair to fall into your eyes are not acceptable. You will not be allowed to travel to a meet if your hair draws unnecessary attention to yourself.

Selection of Events

Being part of a team means **doing everything possible** to enhance individual and team performance. The coaching staff will determine what events you run to create the best possible outcome for the individual and the team. You must adopt the team mentality for the track and field program to be successful. Please be willing to score points for the team. You must trust that we will NOT put you into an event that you're not **qualified** to participate. We do NOT want you to fail.

At NO TIME should an individual scratch themselves from an event or enter an event prior to discussing this specifically with their specialty coach.

Meets

Departure times for meets will be scheduled to allow the team approximately one hour of warm-up time. * ***NO one will be excused from the meet prior to the last event, don't ask! Make sure you remind your parents of this. Remember we're a team and compete as a team.***

Busing to the Meets

1. Boys and girls will be separated while traveling to and from meets by sitting in the back or front of the bus.
2. No open music; you must use headphones or earbuds if you wish to listen to music on the bus or at meets.
3. I want you to concentrate on your race on the way to a meet. If cell phones become a distraction, I reserve the right to take possession of your cell phone until after the competition.

Tent Rules

- 1) Keep the tent area clean and help pick up trash at the end of the meet.
- 2) Team members will be expected to help put up and take down the tent.
- 3) Girls and boys will remain separate in the tent. No blanket sharing, etc.
- 4) No horseplay in or around the tent area.
- 5) Only Gibbon Track athletes are allowed in the tent. No one else.

Non-School Sponsored Running Events:

NSAA prohibits 9-12 grade athletes from participating in any event that is "similar in nature" to the team for which they compete.

Lettering Requirements (Varsity Athletes Only):

1. Scoring a total of one point in a meet with more than three teams qualifies for a letter. Any senior who finishes the season in good standing will letter. The athlete must complete the season in good standing to receive his/her letter. JV meets do not count toward lettering.
2. Your contribution to the team will also be taken into consideration.
3. You will be required to attend all the meets unless there is a need for a traveling squad. If there is another school activity on the same day we will discuss the situation.

State Automatic Qualifying Marks – 2023 Season

	Discus	Shot	Long Jump	Triple Jump	High Jump
Girls	The top 2 in each field event plus the next 6 best statewide performances of the non-qualifiers will qualify for the state meet. *HJ & PV will qualify the top two + anyone over the automatic qualifying height.				5'1
Boys					6'1

District Assigned Schools – 2023 Season

Alma	Hershey	North Platte St. Patrick
Amherst	Hi-Line	South Loup
Gibbon	Kearney Catholic	Southern Valley
Sutherland		

Varsity Meet Schedule, Class Dismissal Time, and Departure Times. 2023

<u>Group</u>	<u>Date</u>	<u>Day</u>	<u>Meet</u>	<u>Location</u>	<u>Class Dismissal Time</u>	<u>Departure Time</u>	<u>Meet Start Time</u>
V	3/21/2023	Tuesday	Sutton Inv.	Sutton	8:51	9:00	12:00
V	3/28/2023	Tuesday	Kenesaw Inv.	Kenesaw	9:00	9:10	11:00
V	4/4/2023	Tuesday	Franklin Inv.	Franklin	N/A	7:45	10:00
V	4/14/2023	Thursday	Minden Inv	Minden	12:31	12:45	2:30
V	4/21/2023	Thursday	Gibbon Ron P. Inv./jr. high helpers	Gibbon	11:00	NA	1:00
V	4/24/2023	Monday	GCNTM	GINW	TBA	TBA	TBA
V	4/25/2023	Tuesday	Gibbon Jr. High/Varsity Helpers	Gibbon	11:00	NA	1:00
V	4/28/2023	Friday	Conference Inv.	St. Paul	10:00	10:15	1:00
V	5/4/2023	Thursday	Centura Inv	Centura	12:27	12:45	2:00
V	5/11/2023	Thursday	District	TBA	all day	TBA	TBA
V	5/19/2023 5/20/2023	Friday & Saturday	State	Burke Stadium Omaha	TBD	TBD	TBD

Jr. High Meet Schedule, Class Dismissal Time, and Departure Times. 2023

<u>Group</u>	<u>Date</u>	<u>Day</u>	<u>Meet</u>	<u>Location</u>	<u>Class Dismissal Time</u>	<u>Departure Time</u>	<u>Meet Start Time</u>
JH	4/6/2023	Thursday	Wood River	Wood River	12:00	12:10	1:30
JH	4/11/2022	Tuesday	Centura Inv.	Centura	12:15	12:25	2:00
JH	4/18/2023	Tuesday	Franklin Inv.	Franklin	10:45	10:55	1:00
JH	4/25/2023	Tuesday	Gibbon Jr. High/varsity helpers	Gibbon	11:00	NA	1:00
JH	5/2/2023	Tuesday	Loup City Inv.	Loup City	11:00	11:15	1:00
JH	5/8/2023	Monday	Elm Creek Inv.	Elm Creek	NA	7:15	9:00

Key Track Season Dates – 2023

<u>Date</u>	<u>Day</u>	<u>Event</u>	<u>LVL</u>
2/28/23	Tuesday	1st day of Varsity Practice	V
3/7/2023	Tuesday	Start of Jr. High Practice	JrH
3/9/2023	Thursday	Spring Break - No practice	A
3/10/2023	Friday	Spring Break - No practice	A
3/21/2023	Tuesday	Sutton Invite Varsity Meet @ 12:00	V
3/24/2023	Friday	No Classes NO Practice	A
3/28/2023	Tuesday	Kenesaw @ 11:00	V
4/4/2023	Tuesday	Franklin Varsity Meet @ 10:00	V
4/6/2023	Thursday	Wood River Jr. High Meet @ 1:30	JrH
4/7/2023	Friday	Good Friday NO School/NO Practice	A
4/10/2023	Monday	NO SCHOOL WE WILL HAVE PRACTICE	A
4/11/2023	Tuesday	Centura Jr. High Meet @ 2:00	JrH
4/14/2023	Friday	Minden V Meet @ 2:30	V
4/18/2023	Tuesday	Franklin Jr. High Meet @ 1:00	JrH
4/20/2023	Thursday	Ron Priebe Meet @ 1:00	A
4/24/2023	Monday	GREATER Central Varsity Meet @ 4:00	V
4/25/2023	Tuesday	Gibbon Jr. High Meet @ 1:00	A
4/28/2023	Friday	Conference Track V @ 1:00 (St. Paul)	V
5/2/2023	Tuesday	Loup City Inv. Jr. High @ 1:00	JrH
5/4/2023	Thursday	Centura Varsity meet @ 2:00	V
5/8/2023	Monday	Elm Creek Jr. High Invite @ 9:00	JrH
5/11/2023	Thursday	District Track All Day (uniform check-in)	V
5/19/2023	Friday	State Meet Varsity	V
5/20/2023	Saturday	State Meet Varsity	V

*** All Monday practices will begin at 4:00 - you must come dressed, warmed-up & stretched!**

**** V = 9th - 12th grade athletes**

***** JrH = 7th - 8th grade athletes**

****** A = 7th - 12th grade athletes**

GIBBON GIRLS TRACK ALL-TIME TOP FIVE PERFORMERS IN EACH EVENT

(revised May 2022)

Event	Name	Year	Mark
100 M. Dash	Krisi Slater	2003	12.10
	Sarah Reed	1981	12.30
	Jericca Pearson	2008	12.60
	Michelle Kush	1988	12.60
	Robin Harder	1984	12.70
200 M. Dash	Jericca Pearson	2010	25.6
	Krisi Slater	2003	25.7
	Sarah Reed	1981	26.00
	Amy Reed	1991	26.53
	Lindsey Leach	1998	26.60
400M. Dash	Nichole Slater	1999	59.50
	Sarah Reed	1981	60.20
	Krisi Slater	2003	60.91
	Kristy Lavington	1998	60.98
	Wendy Reed	1982	61.40
800M. Run	Nichole Slater	2000	2:18.64
	Heather Bolin	2001	2:23.79
	Wendy Reed	1983	2:24.90
	Kaylee Palmieri	2017	2:25:24
	Miranda Smith	2016	2:25:89
1600M. Run	Kylee Bendfeldt	2002	5:26.78
	ReNae Engel	1999	5:28.45
	Tonya Petersen	1987	5:32.20
	Ali Clevenger	2004	5:34.11
	Tammy Ford	1991	5:35.90
3200M. Run	ReNae Engel	2000	11:42.23
	Becky Keller	1985	11:55.50
	Kylee Bendfeldt	2002	12:07.33
	Tanya Peterson	1986	12:16.00
	Ali Clevenger	2004	12:29.80
100M. HH	Krystal Shiers	1998	15.10
	Michelle Kush	1989	15.50
	Kylie Wallace	2009	16.20
	Emma Kucera	2023	16.00
	Yanira Lazo	2022	16.59

300M. LH	Michelle Kush	1988	46.60
	Kylie Wallace	2009	47.10
	Lindi Belau	1998	49.00
	Emma Kucera	2023	49.01
	Lindsey Leach	1998	50.30
Triple Jump	Jericca Pearson	2010	37'11"
	Krystal Shiers	1998	36'4½"
	Triaha Madsen	2000	35'6¾"
	Olivia Dwiggin	2005	35'6"
	Heather Bolin	2000	35'4¾"
Long Jump	Krystal Shiers	1997	17'8¼"
	Carrie Power	1984	17'4¼"
	Nancy Lasich	1977	16'10"
	Penny Foster	1974	16'7½"
	Emma Kucera	2022	16'7½"
High Jump	Jordan Duncan	2009	5'5"
	Jericca Pearson	2009	5'4" 1/4"
	Diana Lavington	1997	5'4"
	Lori Nutter	1991	5'3"
	Miranda Smith	2017	5'2"
Shot Put	Becky Rahmann	2006	38'3"
	Raquel Bond	1992	37'9½"
	Annette Turek	1997	37'1"
	Melanie Bycroft	1980	36'4"
	Sylvia Ramirez	1985	35'11½"
Discus	Tina Olson	1994	133'2"
	Raquel Bond	1992	129'6"
	Dusti Nichols	2003	125'6"
	Jessica Root	1997	124'10"
	Nichole Cooper	2006	122'10"
Pole Vault	Michelle Hyde	2002	9'8"
	Sadie VanMatre	2005	9'6"
	Kylie Wallace	2012	8'6"
	Austin Steele	2005	8'6"
	Cathy Hervert	2001	8'6"

400 M. Relay	Kayla Farrell, Chrystina Nickel, Heather Bolin, Krisi Slater	2002	50.87
	Kayla Farrell, Whitney Johansen Heather Bolin, Krisi Slater	2001	50.99
	Kylie Wallace, Jordan Duncan Alison Krueger, Jericca Pearson	2009	51.1
	Amy Reed, Jennifer Jurgensen Ginger Keller, Michelle Kush	1989	51.40
	Lana Leach, Stacy Widdowson Kelsey Clymer, Krystal Shiers	1996	51.70
1600 M. Relay	Heather Bolin, Whitney Johansen, Krisi Slater, Nichole Slater	2000	4:03.08
	Heather Bolin, Whitney Johansen Krisi Slater, Nichole Slater	2001	4:06.5
	Heather Bolin, Whitney Joahnasen Kristen Lindenstein, Krisi Slater	2002	4:08.9
	Whitney Johansen, Trisha Madsen Heather Bolin, Nichole Slater	2000	4:09.0
	Heather Bolin, Whitney Johansen Kristen Lindenstein, Nichole Slater	2001	4:09.96
3200 M. Relay	Heather Bolin, Kylee Bendfeldt, Karmynn Plautz, Nichole Slater	2000	9:40.58
	Heather Bolin, Kylee Bendfeldt Karmynn Plautz, Nichole Slater	2001	9:46.18
	Kelsey Clymer, Trisha Madsen Nikki Slater, Lindi Belau	1998	9:53.62
	Kylee Bendfeldt, Heathr Bolin Kristen Lindenstein, Nichole Slater	1999	10:03.5
	Kylee Bendfeldt, Kristen Lindenstein Whitney Johansen, Heather Bolin	2002	10:06.42

GIBBON BOYS TRACK ALL-TIME TOP FIVE PERFORMERS IN EACH EVENT

(Revised May 2021)

Event	Name	Year	Mark
100 M. Dash	Tom Belau	1971	11.0
	Chuck Harris	1972	11.0
	Luke Van Matre	1978	11.0
	Jim Lehn	1966	11.1
	T Busch D Teahon		11.1
200 M. Dash	Tim Busch	1976	22.4
	Luke Van Matre	1978	22.7
	Jesse Marfileno	2005	22.8
	Cory Plautz	1996	22.9
	Mike Rivera	1985	22.9
400 M. Dash	Gary McMullen	1956	51.5
	Pete Beeson	1987	51.5
	Chuck Harris	1972	51.6
	Fred Reed	1956	51.7
	Neil Smith	1984	52.0
800 M. Dash	Dillon Eckel	2012	1:58.5
	Neil Smith	1984	1:59.9
	Bernard Thomsen	1978	2:00.2
	Pete Beeson	1985	2:00.2
	Kris Van Meter	1992	2:00.8
1600 M. Run	Stacy Priebe	1986	4:24.29
	Dillon Eckel	2012	4:26.67
	Kris Van Meter	1992	4:27.4
	Brendan Darnell	2005	4:31.60
	Bernard Thomsen	1978	4:34.3
3200 M. Run	Stacy Priebe	1986	9:31.48
	Dillon Eckel	2011	9:44.65
	Brendan Darnell	2005	10:00.92
	Brian Shiers	1992	10:02.1
	Nathan Holcomb	2018	10:02.22
110 m H. Hurdles	Lonnie Jurgens	1970	14.5
	Bob Foster	1980	14.7
	Ron Belau	1973	15.1
	Don Keiper	1965	15.1
	Craig Manfull	1986	15.4

300 m. I. Hurdles	Chad Power	1989	41.1
	Bob Foster	1980	41.1
	Mark Bennet	1980	41.4
	Marty Thoman	1981	42.2
	Braden Miller	2022	42.72
Triple Jump	Matt Wiseman	1990	44'7 ¼"
	Brandon Wallace	2009	44'1 ¾"
	Cory Plautz	1996	43'10"
	Craig Manfull	1986	43'5 ½"
	Kevin Mayfield	1982	43'4"
Long Jump	Cory Plautz	1996	22'4 ¼"
	Luke Van Matre	1979	21'10 ¾"
	Craig Manfull	1986	21'9 ¾"
	Troy Power	1985	21'8 ¾"
	Jesse Marfileno	2005	21'7 ¾"
Pole Vault	Luke Van Matre	1979	14'2"
	Kevin Brandt	1989	13'9"
	Isaac Van Matre	2005	13'6"
	Tim Bennett	1980	13'6"
	Lee Wilson	1994	13'4"
Discus	Bob Earll	1999	178'6"
	Andy Williams	1994	177'10"
	Daryl Volquardson	1978	162'2"
	Keith Jurgens	1985	155'0"
	Nick Gangwish	1956	150'10"
Shot Put	Andy Williams	1995	57'4 ½"
	Daryl Volquardson	1979	57'2"
	Mike Catlin	1977	56'8 ½"
	Kyle Hemmerling	1978	53'11"
	Dan Bolin	1979	53'9"
High Jump	Dustin Nutter	1995	6'4 ¼"
	Robert Heyen	1987	6'3"
	Scott Richardson	1979	6'2 ¼"
	Arnold Lavington	1970	6'2"
	Leon Stall	1987	6'2"

400 M. Relay	Cory Plautz, Andy Williams, Mike Keiper, Dustin Nutter	1995	44.2
	Tyler Smith, Jesse Marfileno, David Benge, Isaac Van Matre	2005	44.8
	Rob Hilton, Jeff Sabin Marty Thoman, Darin Sigler	1983	44.9
	Jacob Borden, Dan Teahon Mike Keiper, Cory Plautz	1994	45.0
	Chad Power, Jim Cole Josh Miller, Jeff Montgomery	1989	45.29
1600 M. Relay	Troy Power, Jeff Montgomery Jon Nutter, Pete Beeson	1988	3:31.00
	Cory Plautz, Justin Holl, Andy Williams, Mike Keiper	1995	3:31.1
	Chad Power, Jeff Montgomery, Doug Pearson, Josh Miller	1989	3:31.34
	Josh Miller, Chad Power Jim Cole, Jeff Montgomery	1990	3:31.45
	Brycen Gillming, Jeff Yockey, David Benge, Isaac Van Matre	2005	3:33.10
3200 M. Relay	Troy Power, Doug Pearson Pete Beeson, Chris Wiseman	1988	8:17.50
	Troy Power, Leon Stall Pete Beeson, Chris Wiseman	1987	8:20.5
	Jake Onate, Jerry Nickel, Brad Scholl, Bernard Thomsen	1978	8:22.6
	Chad Power, Kris Van Meter Justin Robinson, Brian Shiers	1990	8:26.1
	Stacy Priebe, Pete Beeson Chris Wiseman, Leon Stall	1986	8:30.1

GIBBON GIRLS JR. HIGH TRACK RECORDS

(created 2.20.2021)

Event	Name	Year	Mark
100 M. Dash	Megan Nickel	2004	12.6
200 M. Dash	Megan Nickel	2004	26.5
400M. Dash	Nichole Slater	1997	60.6
800M. Run	Nichole Slater	1997	2:27.8
1200M. Run	Jade Bentley	2015	4:12.0
1600M. Run	ReNae Engel	1987	5:41.6
100M. LH	Emma Kucera	2019	16.83
Triple Jump	Jade Bentley	2016	33' 1.75"
Long Jump	Carrie Power	1983	16' 5.5"
High Jump	Diana Lavington	1994	5'2"
Pole Vault	Sadie VanMatre	2003	8'
Shot Put	Becky Rahmann	2003	37' .25"
Discus	Mandi Olson	1994	96' 8"
400 M. Relay	Linsey Leach, Jen Muller Jasmine Zweibel, Leticia Zwink	1997	53.88
1600 M. Relay	Sadie VanMatre, Nichole Cooper Ali Clevenger, Brittany Slater	2003	4:28.4
3200 M. Relay	Lauren Jader, Kirsten Rasmussen Brittany Slater, Ali Clevenger	2003	10:34.4

GIBBON BOYS JR. HIGH TRACK RECORDS

(created 2.20.2021)

Event	Name	Year	Mark
100 M. Dash	Jacob Tracy	2014	11.65
200 M. Dash	Thomas Slack	2009	24.29
400M. Dash	Troy Power	1984	54.9
800M. Run	Bart Westburg	1975	2:17.3
1200M. Run	Brian Shiers	1988	3:41.5
1600M. Run	Dillon Eckel	2007	4:55.6
100M. HH	Russel Erpelding	1984	14.5
110M. HH	Matt Wiseman	1987	15.0
Triple Jump	Craig Manful	1982	38' 6"
Long Jump	Troy Power	1984	19' 3"
High Jump	DJ Burton	1988	5'8"
Shot Put	Rob Hilton	1979	50' 2"
Discus	Andy Williams	1992	137'5"
Pole Vault	Isaac VanMatre	2002	10'9"
400 M. Relay	Brett Clark, Gilbert VanMatre Zach Fogel, James Aunkst	2005	49.0
1600 M. Relay	Jim Cole, Robert Kercher Josh Miller, Jeff Montgomery	1982	3:56.6
3200 M. Relay	Steve Yockey, Jordan Reinertson, Willie Laraga, Jon King	2004	9:28.3

2023 Gibbon Varsity Track & Field handbook acknowledgment form.

Disciplinary Actions

As head track & field coach, I reserve the right to invoke team disciplinary actions beyond Gibbon Public School's disciplinary actions.

No athlete may leave a meet prior to the last event of the meet. PLEASE DO NOT ASK.

No parents will be allowed in the infield during the running events. This is to be consistent with other schools. PLEASE MONITOR YOURSELF.

Sign and return this page to Coach Clevenger.

As a track athlete/parent I acknowledge reading and fully accept the 2023 Gibbon Jr. High /Varsity Track & Field Handbook.

Athlete's signature

Date

Parent's Signature

Date

If you'd like to be included on the team's informational email distribution list, please include your email address below. PLEASE PRINT LEGIBLY.

email address