



SRV Track & Field Weekly Update #8 (March 31)

1. The **team photo** and **senior banners** are up and look great! Senior parents, if you'd like to keep your athlete's photo at the end of the year, we'd love for you to help offset the cost of them. We are asking for \$50. If you'd like to contribute, fill out the form below and pay Coach Mel for the print. [Senior Banner Payment](#). Mel's payment info is on the form.
 - a. The grand total for the senior banners was more than \$1200.
2. **This week-** We have a triangular meet at Foothill on Thursday, April 3. Athletes need to fill out the event interest form by Monday night. We will do our best to get them into the events they want. Those who do not fill out the form will be placed into events of the coaches' choosing. So far, 60 have filled out the form. The other 100 have not.
 - a. [Event Interest Form April 3](#)
 - b. The meet will begin at 4:00.
 - c. If you need a ride, email coach Traci McMullen (tmcmullen@srvusd.net)
 - d. Everyone is expected to compete. If athletes will not be available for the meet, they need to fill out the absence form IN ADVANCE!
3. **. Donations-** The track team, unfortunately, has to rely on donations and the Swenson/Werne Invitational to meet the monetary needs of the program. Again, it costs more than \$40,000 to fund the team for the year. If you have not yet had a chance to donate, we'd welcome any amount you can give. We have weekly meet fees, coaches' stipends, senior night, the banquet, equipment, and much more to fund. The district only helps with 2 total coaching stipends (other sports get 2 per gender; we only get 2 total- yes, it's inequitable- we've tried fighting it). Thanks in advance to those who have already donated and/or acquired matching donations from their employers as well! We really appreciate you! [Donation Link](#)
4. **Spring Break-** If athletes are not going to be around, they should be active on their own. Find a track, find a hill, find a gym! Those who will be here, we'll let you know when the track will be open for workouts.
 - a. **Arcadia-** That meet is on April 11 & 12. We have 4 heptathlete/decatletes competing, and we entered 2 individuals and 2 relay teams. We'll know if the latter get in this week. Good luck to all competing at this very high level meet!
5. **Bay Area Relays at Foothill High School, March 29-** Those who attended the meet did an incredible job! We had a ton of championship teams (relay meet) and even earned a few meet records! Congrats to the **frosh/soph relay champs**: boys shot put, girls triple jump, boys pole vault, coed 4x400. Congrats varsity champs: boys sprint medley, boys long jump. A few folks killed it in their individual events: Zo Burks- f/s champ with new PR, Jake Gehrke- F/S pole vault champ with new meet record, varsity



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pole vault champ with new PR- Connor Maurice, Tessa Pingator with a new PR in the 100, and a huge PR by Scotty Shapiro in the 100 and triple jump! Webber Bowring

bettered his 100 time, and Nik Brown threw a PR in the discus! Full results can be found below.

- a. [Bay area Relays Results](#)
6. **Attendance-** Recently, we have had a number of athletes bailing on the meets at the last minute. This is UNACCEPTABLE. Athletes need to fill out the [absence form](#) IN ADVANCE of missing. Our entries are usually due a week in advance, so a good rule of thumb is to fill that out more than a week in advance. If athletes continue this trend, they will no longer be entered into meets. Also, keep in mind, there is a 5 absence policy. Those exceeding that number will be dismissed from the team.
 - a. Tardies- Tardies are also on the rise. Athletes who arrive late will have to do burpees. Habitual tardiness will result in dismissal from the team.
 - b. Being on time, attending meets, and being present are signs of respect for your team. Even though many don't think of it that way, track is a team sport. When you don't communicate and/or don't show up, you are letting your teammates down. Be a good teammate and do your part.

Here's to a great week! Thursday is supposed to be nice; let's get some great marks! And athletes, try something new!

6 weeks until EBAL! Put in the work now to achieve better marks later!

**Perfection is not attainable, but if we chase perfection,
we can catch excellence. ~Vince Lombardi**