

Track and Field Parent Meeting
March 29, 2023
4:30pm Gym B

Practice Times: 2:50 - 4:45pm Monday - Friday

- a. Rain or Shine
- b. Be Dressed and ready to go by 2:50pm
- c. All bags stored in art room and will be locked
- d. Missing a practice must have email / phone call to Coach Langreck

Philosophy

- a. Fun - Hard Work - Dedication - Fun - Improvement - Love of Running
- b. Do your best and savor in the accomplishments
- c. Learn the events / best match for talent and skill level
- d. Coaches will do best to work with all athletes / 25 or 30 to 1 ratio

School First....period

- a. Sit out to catch up
- b. Follow the Co-Curricular Code

Eating like a champion

- a. Water - water - water
- b. Eating right / Sleeping right

Race Time

- a. Pain is Good - Let your child recover and let us take care of them
- b. Will learn their limits

Meets (Schedule)

- a. Meet will begin as soon as all schools arrive. Field events start 15 minutes before race time (on schedule) usually. But for sure meet starts at scheduled time
- b. Bus will take us to all of our meets and a bus will be available home to those who need a ride back to school
- c. Riding home with parents after the meets - fill out yellow card for child - give to coach

Uniform - Team shirt - Sweatshirt

- a. Cost of Team shirt is \$15.00 - Every athlete needs one (I have sizes already)
- b. Sweatshirt (\$21.00) and extra shirts (\$15.00) orders use attached shirt order form
- c. Money and extra shirt and sweatshirt order forms to me by Tuesday, April 4, 2023 by 8:00am
- d. Checks payable to Holmen Middle School. One check for all O.K. (envelope please)
- e. Black shorts worn with the uniform shirt.

Ask for your support and any questions feel free to approach the coaches

Coach Langreck - lanmat@holmen.k12.wi.us - 608-526-3391 Ext. 5905

Coach Mally - malste@holmen.k12.wi.us - 608-526-3391 Ext. 5221

