

* = parent meeting + = non-competitive activity **bold** = competition

Volunteering: Please visit the “Volunteer” page on OlympusTrack.weebly.com to help provide healthy snacks and drinks during competition, to host a pre-meet pasta party, and more!

FEBRUARY 2020

February 17 - Interested Athlete meeting 2:30 PM

February 23 - Parent meeting 6:30-7:30 PM

February 21-25 - OUTDOOR TRACK REGISTRATION

February 23-25 - Optional preseason practice 2:30PM west grandstands

March 1st - DEADLINE registration forms and physicals BEFORE practice (athletes are NOT allowed to join the season if paperwork is not completed by deadline NO EXCEPTIONS).

February 28th - Official outdoor track practice BEGINS @ 2:30 PM, meet at west grandstands or indoor track depending on weather.

MARCH 2020

Monday, March 7 - Required parent meeting (info on volunteering) **6:30-7:00 PM**

Wednesday, March 16 - JV meet @ Highland HS (Oly v. Highland v. Park City)

Friday, March 18 - 3:00PM Varsity meet - Early Bird Invitational @Mountain View HS Orem

Saturday, March 19 - 9:00AM Varsity meet - Early Bird Invitational @Mountain View HS Orem

Wednesday, March 23 - JV meet @ Olympus HOME MEET(Oly v. Skyline) Senior Night!

Wednesday, March 30 - JV meet @ (Oly v. Brighton) Meet and location pending.

Wednesday, March 30 - Varsity meet - Granite district meet @Kearns HS

APRIL 2020

Wednesday, April 13 - JV Meet @ Highland (Oly v. Highland v. Brighton)

Saturday, April 16 - Varsity Meet - Grizzly Invite @Logan HS

Wednesday, April 20 - JV Meet @ East (Oly v. East v. Murray)

Wednesday, April 27 - JV Region Championships @ Highland (all JV Region 6)

Saturday, April 30 - Varsity Meet - Tiger Trials @Orem HS

MAY 2020 (outdoor season: Varsity only - plus full team banquet)

Friday, May 6 - BYU Invitational @ BYU (meet is pending)

Wednesday, May 11 - Region VI Championships @ Park City HS (Day One)



OLYMPUS HIGH SCHOOL TRACK & FIELD

HEAD COACH: Giselle Slotboom EMAIL: tbd

ASSISTANT COACHES: Betsy Alexanderson VOLUNTEER COACHES: Tara Wion and George O'Connor

Banquet date is pending

Thursday, May 12 - Region VI Championships @ Park City HS (Day Two)

+ **Wednesday May 18** - UNIFORMS DUE (fines on accounts Tuesday, May 19)

Thursday, May 19 - State Championships @ BYU (Day One)

Saturday, May 21 - State Championships @ BYU (Day Two)

Coach Communication: Check OlympusTrack.weebly.com for weekly updates. Athletes can join our GroupMe chat where I send out reminders. I will also use RegisterMyAthlete to send out texts or emails to parents. Please email Coach Giselle with any remaining questions.

Fees: \$190 on student account by 3/1, \$20 banquet fee paid on webstore in May. If on fee waiver, \$190 is not charged.

Coaching Philosophy: **Track coaches expect more from athletes than other sports coaches.** There are no benchwarmers. All individual performances matter. A track team thrives on the mental strength, commitment, and consistency of all team members - no matter their ability. To see success, track athletes **MUST** be committed to mastering technique through focused practice, repetition, and mental imagery. Teaching athletes to be accountable, encouraging, and hardworking is my priority, and being an advocate for your athlete's health and success is my job. My desire is that all track athletes will leave Olympus High School with the skills and drive to lead an active lifestyle for LIFE.

Athlete Code of Conduct: Athletes are expected to be committed to the team *and* their self-improvement by attending practice regularly and putting in a full effort at every practice and competition. Olympus Track and Field athletes are expected to establish a reputation as someone who is accountable, who is a model citizen, & who takes initiative athletically and academically. Athletes are expected to show support for teammates and competitors at all times. When an athlete has "down time" at meets, they are expected to cheer on their teammates who are competing in other events.

Attendance:

Starting Feb. 28, Athletes are to attend 5 practices a week (Monday through Friday). Attendances are taken and you need to sign in or we will assume you weren't there. I will allow only 3 unexcused absences in the season. If you have a one time excused absence (family emergency or equal) you need to EMAIL coach Giselle.

Parents and athletes **MUST** complete registration to be eligible for practice. By registering (and Covid testing), athletes are allowed to practice **AND** parents and athletes agree to the above policies, fees, and expectations. See <http://olympustrack.weebly.com/registration.html> for info.

Conflicts and Injury: Starting Feb. 28, athletes who work or participate in other extra-curricular activities must communicate clearly with coaches about their schedule, attend practices at a minimum of 3 days per week and compete in a minimum of 3 track meets. ONLY if you have sent coach Giselle an EMAIL about your other commitment is it appropriate to miss a maximum of 2 days a week. If your schedule does not allow you to meet these minimums, please re-evaluate your priorities and commitments. Students who are injured must continue to attend practice and execute a recovery plan established by a healthcare professional. Students are responsible for informing coaches about progress.

Parent Code of Conduct: Parents are expected to demonstrate good sportsmanship and follow any event established parent-restricted access rules. Parents must provide coaching staff with emergency related information & keep us up-to-date on injuries or conflicts that affect their athlete's participation.

Parent (Guardian/Grandparent/older sibling/neighbor) involvement: Our team cannot run, jump or throw without parent involvement. Your help can make a big difference in the athletes' experience on the track team. Throughout the season there are several ways to get involved, see our website. Opportunities that always remain are: Assist during JV Meets on Wednesday afternoon in close proximity to Oly, provide snacks for meets, pickup and deliver lunches (paid for by team), host a pasta party in the evening hours, provide food for the pasta party, create gift bags (Region and State meets only), organize/help organize the end of the year banquet.

Covid: As of the start of the season there are no Covid regulations. If an athlete feels sick or has covid symptoms they are not to come to practice but get a Covid test (Email Coach!). Masks are strongly recommended on the bus. Just remember, if you pass on covid and your teammate gets affected badly, it could mean the end of the season for them. Be a teamplayer.

Spring Practices and Competitions: Starting Monday, February 28th, training will be Monday-Friday and are mandatory for all eligible athletes on our roster. (last day to join is March 1st). There are no tryouts. There will be no time trial. Our "time trial" will be our first JV meet which will help establish each individual's training groups and specialty events. The first week newcomers are allowed to train with different event groups to find their preferred event. After that event groups are set unless a coach recommends joining another event group.

Spring Practice Expectations:

1. Meet eligibility requirements - 2.0 GPA, completed registration on RegisterMyAthlete.com
2. Have your "things to bring to practice." Backpacks, snacks, phones, and other personal items must be in your locker or on the west grandstands.
3. Meet on the grandstands at 2:30PM
4. Start warm-up with training group: 2:45/2:50PM stretching on the infield (turf) with announcements.
5. Meet with training groups for event specific warm up and workout.

Things to bring to practice:

1. Running specific shoes/trainers.
2. Athletic clothing. Always have layers of clothing, always start warmups with long pants/jacket: tights/pants, shorts, T-shirt, long sleeve shirt, sweatshirt or jacket. Track is an outdoor sport; you are expected to brave the elements including rain, snow, and hail.



OLYMPUS HIGH SCHOOL TRACK & FIELD

HEAD COACH: Giselle Slotboom EMAIL: tbd

ASSISTANT COACHES: Betsy Alexanderson VOLUNTEER COACHES: Tara Wion and George O'Connor

3. Positive Attitude.
4. Socks.
5. Watch (sprints/distance) (keep it simple, a very simple stopwatch is enough, distance runners may want a gps watch which is encouraged but not necessary)
6. Commitment.
7. Water bottle.
8. Healthy snack.
9. When competing, track has event specific shoes (often called spikes).
 - a. Sprinters, hurdlers, and jumpers **need** sprinting spikes.
 - b. Spikes are **optional** for distance runners unless you are on varsity.
 - c. Javelin shoes/cleats are **recommended** for javelin. Not needed for JV.
 - d. Event specific competition shoes are **optional** for shot put and discus.

Lockers: If athletes would like an assigned locker, please see Mr. Barnes in the main gym. Preferable at the beginning of the quarter.

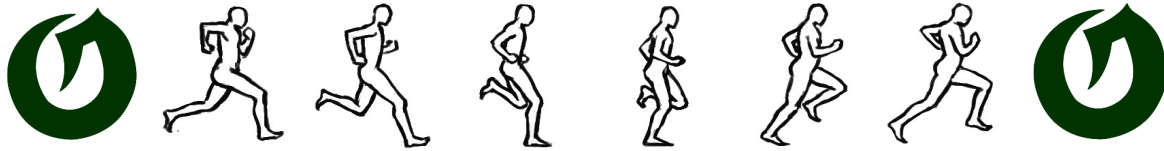
Spring competitions: During Track and Field we will have both JV and Varsity meets. Whether an athlete will be competing at certain meets are dependents on many factors, different for each meet. It will be my goal to give each athlete to compete in several competitions that fits the athlete's ability level and experience. Some competitions have a maximum number of athletes we can sign up as a team, other's have specific qualification marks. Sign ups will be in collaboration with the athlete's, final decisions and sign-ups are always at the coach's discretion.

Travel to competitions: All athletes competing at the a competition are required to ride the bus TO the meet. LATE=LATE, be on time for the bus, if you are late you will not compete, no driving yourself to a meet. Athletes can go home with their parents (parents only, no taking teammates or riding with others etc) ONLY after checking out with a coach.

Region meet: This is a team event EVERYBODY will ride the bus BOTH ways.

BYU and State: Only competitions where athletes can travel to the meet with parents if competing later in the day.

Parents and athletes MUST complete registration to be eligible for practice. By registering (and Covid testing), athletes are allowed to practice AND parents and athletes agree to the above policies, fees, and expectations. See <http://olympustrack.weebly.com/registration.html> for info.



Extra competition optional Varsity only: The first weekend of spring break there is a competition in St George. Several varsity athletes have asked to travel there as it is a very competitive meet. We will NOT be traveling here as a team, coaches will not be attending but you are allowed to participate. After talking with school administration, we cannot sign you up for this meet as a school or coach. Which means you need to register and pay yourself. For training and advice purposes: you DO NEED TO send Coach Giselle an email if you are interested in competing. Competing here is absolutely NOT a must, we have plenty of very competitive races on the schedule. You can have an awesome season without going to St. George.