

2018 Creekside Track and Field team

MUST DO BEFORE CONDITIONING!!!!

- 1- Complete the register my athlete process. This process is new this school year. You will submit all your paper work on this website. EL2 (physical), EL3 (parent permission), and Concussion Course certificate (online course). Please see the following link for directions.
<http://www-chs.stjohns.k12.fl.us/athletics/forms-el2/> (for those that competed on a fall or winter team start at step #3)
- 2- Complete online information – Located on Boys or Girls Track and Field page- look for emergency contact.
- 3- Follow Coach Frank and Coach Fields on twitter –
Coach Frank @creeksidecoach and Coach Fields @rickyfields

Other items that each Track and Field team member must do.

- 4- Attend conditioning (unless you are on a current winter sports team). See schedule for location and times.
- 5- Participation in Team fundraiser – see attached for details.

*****Disclaimer:** Participation in off Season condition does not guarantee any student-athlete a spot on the 2018 Track and Field team.

Tryouts will start on Monday January 22nd, more information on tryouts at a later date.

Girls & Boys Track and Field – Conditioning – Starting Thursday November 2nd

- Monday - 4:00pm - 5:15 @ track
Tuesday - 4:00pm - 5:15 @ track
Thursday - 4:00pm - 5:15 @ track

Above the is the normal conditioning schedule. However, it is subject to change. Additional conditioning times will be added after the conclusion of the Cross Country and Football season.

Creekside Track & Field Expectations and Culture

Dear Parent(s) and Track Athletes:

The Creekside Track and Field Coaches feel it is important to the success of our **TEAM** that we enable a positive atmosphere. All coaches and student-athletes must understand and believe in the expectations described in this document. It has been our observation that the student-athlete who lives up to these expectations experiences success at a high level.

Therefore, the coaching staff identified expectations that must be exemplified by all **TEAM** members for true **TEAM** success.

The coaching staff will attempt to help each student-athlete in every way possible to meet the following expectations, but the real effort will come from each **TEAM** member. It is the opinion of our staff that each student-athlete can play an important role on this team. The first step in determining that role is living up to these expectations.

1. **Commitment – Team 1st** - Begins January 22nd and ends on the day of the State Track Meet on May 6th or when your season comes to an end. This means attending all practices and meets, putting the team high on your priority list, taking part in the team fundraiser, and making decisions for the good of the team.
2. **Intensity – Attendance** – Being dedicated means being at practice and school every day, on time, and ready to give 100% effort 100% of the time. Student-Athletes must adhere to the School and Track & Field Attendance Policy and not have unexcused absences in school. Athletes must be in school half the day to participate in practices and meets.

If you are absent from practice, we want to know why. You must contact our assigned event coach. Email or text before practice to inform your event coach of your absence. Contact info is provided below. Valid reason for missing practice – sick, family emergency, school related struggles, and church. Missing practice for an invalid reason will result in missing a meet and/or retirement from the team.

Injuries: If you have an injury let the coaches know **immediately**. Injuries do not excuse you from practices or competitions unless authorized by a coach.

3. **Priority – Eliminate Outside Distractions** – Please do not let “outside distractions” interfere with the track season (Examples: haircut, job, driving course, prom dress and tux shopping, etc.). These are not excuses to miss practices or competitions
4. **Dedication – Meets** - For home meets and championship meet all student-athletes will stay for the entire meet. No one will be allowed to leave early. At home meets after your events are over you are expected to help as needed and cheer for your teammates. At the conclusion of home meets all boys and girls will meet in the infield to get their cleaning assignments from one

of the coaches. When we travel to an away meet you may only be allowed to go home with your parent or on the team bus. You will need to check out with your event coach.

5. **Communication** - Keep up to date on the latest Creekside Track and Field news, updates, and announcements on Twitter.com. You can get Twitter Messages sent right to your phone. See below for all the coaches twitter names. Please follow all of them.

6. **Attitude – Act like a Champion; become a Champion** – To be a member of the Creekside track and field team you must:

- Have a positive attitude
- Strive for excellence each and everyday
- The drive to push your abilities beyond your expectations
- Trust in your coaches, your teammates, and yourself
- Remain focused and positive when things don't go to plan
- Come prepared on daily basis
- Be a servant leader
- Stay humble

7. **Preparation –Work as a Team, Win as a Team** – Track and Field is among the few sports where there is a Fine Line between individual contribution and team contribution; individual results and team results; individual championships and team championships. Those who purely seek individual results over team results can be individual champions, but are usually not team champions. If the individual works for the greater good of the team; if all individuals work for the greater good of the team, then team championships almost always bring individual glory and respect. Better yet, the entire team feels and shares in the glory of a team championship.

Working for the team does not mean individual sacrifice. Working for the team means going beyond individual contribution on a daily basis; at any level of the team. If the best at an event sees how hard others work in the event, perhaps only for the reward of a personal best, they gain incentive to work harder. If the best in an event encourages others, then perhaps that one time the unexpected place in the top 8 occurs. And if that encouragement and extra incentive happens across several events for the same result, maybe we score a few more 8th places each worth a point. All that can result in a team championship by the slimmest of margins. All that, due solely to individuals working as hard as they can; not just for themselves, but also for the team.

That is how Legacies are built.

Coaching Staff –

Coach Frank – Co-Head Coach – Training Group – Boys Mid-distance

Cell Phone – 904-608-8799

Email – Eric.Frank@stjohns.k12.fl.us

Twitter - @Creeksidecoach

Coach Fields – Co-Head Coach – Training Group – Sprint, Hurdles, and High Jump

Cell Phone – 904-614-0149

Email – iphonericky39@yahoo.com

Twitter - @rickyfields

Coach Lambros – Assistant Coach – Training Group – Boys and Girls Throwers

Email - Nicholas.Lambros@stjohns.k12.fl.us

Coach Reid – Assistant Coach – Training Group – Sprinter

Email - reidbojr@yahoo.com

Twitter - @Coach_Bo_Reid

Coach Yates – Assistant Coach – Training Group – Girls Mid-distance

Cell Phone – 614-327-3452

Email - mandyccnr@hotmail.com

Twitter - @mandyccnr

Coach Washington – Assistant Coach – Training Group – Sprint and Long and Triple

Cell Phone – 619-307-3463

Email - deltast9@gmail.com

Twitter - @deltast9_cheryl

Coach Witwer – JV Girls Head Coach - Training – JV Boys and Girls Sprint

Cell Phone – 904-803-9979

Email – awitwer@comcast.net

Twitter - @coach_Angie

2018 Track & Field Sponsor T-Shirts

To Our Sponsors:

I would like to thank you for sponsoring one of our Track and Field student-athletes for the 2017 season. We have three levels to choose from, please see below. All levels will get you or your company's name on the back of our 2018 Track & Field T-Shirts, which is worn at all of our meets, around school, and in the community. The money will be used for uniforms, batons, spikes, meet day refreshments, travel, meet entry fees, end of the year banquet, and other important Track and Field equipment. Your sponsorship is greatly appreciated by the student-athletes and the coaching staff.

Thanks,

Eric Frank & Ricky Fields

Co-Head Coach – Boys and Girls Track & Field Creekside High School

Gold Sponsor – Cost - \$250.00

What you get- Advertisement sign to be displayed at our home track and field meet, your company's name on the back of the shirt in a prime location, and 2 free entries into our home Track and Field meet on March 16th.

Silver Sponsor – Cost – \$100.00

What you get – Your Company's name on the back of the shirt and 2 free entries into our home track and field meet on March 16th.

Bronze Sponsor (only individual Sponsor) – Cost – \$50.00

What you get – Your name on the back of the shirt.

Please make checks to: Creekside High School Track and Field

C/O Eric Frank 100 Knights Ln St Johns Fla 32259

Type of sponsor (Circle one) Gold, Silver, or Bronze

Your name or Company's Name: _____

Contact info (name and number): _____

Athlete who contacted you: _____

Due Wednesday January 31st 2018