

2019 GIRL'S Track & Field GENERAL Info

What you need to know:

- We have a team website, please check this regularly throughout the season <http://wotrack.weebly.com/>
- First day of practice: March 11 (meet at the indoor track)
- Last day of practice is May 8 for JV athletes and May 17 for Varsity athletes
 - State is June 1 (for Varsity runners who qualify)
- Must have PANTHER CARD in order to participate in track. A physical on file, insurance paid (45\$), and eligibility checked- all of this is done through Mrs. Dykema in the athletic office.
- Parent meeting is Mon 3/18 5pm in the North HS Library-
- Gazelle's Team Night Wed 3/20 6-8pm. 20% off.

What we need:

- Sign in to the google class: **fl3x3y**
 - Fill out google information form ASAP.
- Panther Card BEFORE you can practice
- If there are potential conflicts, DISCUSS with the coaches. We are willing to work around driver's training, travel teams, family vacations, other sports, etc.
- We will primarily use group me, google class (turn on notifications), the team website wotrack.weebly.com to post updates, results, etc. along with email updates.
- We're selling Bigby cards again- we need each person to try their best to sell 5 at least 5 cards. More info to follow.

Typical Practice: BE ON TIME

- Mon-Fri 3:10-4:45. The expectation is to be at each practice. Conflicts need to be communicated w/ coaches.
- Meet 3:10 in Dance Room- general announcements/ Coaches' "Nuggets of Wisdom"
- Warm up (sometimes together)
- Break into workout groups- sprinters, throws, distance and then into specialties.
- Cool down/stretch together as an event group- Your event coach dismisses you 4:30-4:45 pm.

What to bring to practice:

- Positive attitude and willingness to be the best at getting better.
- Be prepared for going outside everyday- General rule of thumb, above 40 and clear, we will be outside.
 - Running Shoes, shorts, long pants/running tights, t-shirt, long-sleeve shirt, sweatshirt, hat, gloves
 - Layering is important- be prepared for all types of weather.
 - Water bottle

Competitions:

- Check the schedule the back, on the website and in the google class.
- Updated schedules and results are available on athletic.net (search West Ottawa Track)
- Notify ME (parent email or phone call) with any conflicts/illness AHEAD of time (practice or competitions)
- Racing shoes can and should be worn for running events. ¼ inch spikes are standard and I do have replacements if you need them throughout the season. If you do not have your own shoes, there are a limited number of shoes that can be issued to you.
- Stores like Gazelle (downtown Holland) and MC Sports offer team discounts if you tell them that you are on the track team at West Ottawa. Team night on Wednesday 3/20 from 6-8pm.

Your 2019 Track and Field Coaches:

Dan Blake – Girls Head Coach-Distance/relays

School: 786-1100 Ext 7147 Cell: 990-3752 E-mail: blaked@westottawa.net

Joe Diekevers- Assistant Coach (girls) Sprints/Relays

School: 786-1100 Ext 6212 Cell: 481-3078 E-mail: diekeversj@westottawa.net

Molly Borgman- Assistant Coach (girls/guys) Sprints/Hurdles

School: NA Cell: 616-298-4995 E-mail: borgmanm@mail.gvsu.edu

Other coaches you may work with:

Craig Kingma – Boys Head Coach-Sprints/Jumps

George Siles – B/G Pole Vault

Chris Knoll – B. Distance

Dan Knoll – B Sprints/ Hurdles

Aaron Yonker/ Court Ziegler – B/G Throws

2019 Meet Schedule

Thurs.	March 21	GVSU Indoor Meet* @4:00	Away
	Mar 29- Apr 7	SPRING BREAK- Workout All athletes are expected to keep working out over the break	
Wed.	April 10	Grand Haven @ 4:30	Home
Mon.	April 15	Grandville @4:30	Away
Mon.	April 22	East Kentwood @ 4:30	Home
Wed.	April 24	Rockford @ 4:30	Away
Sat	April 27	Varsity * @ Cougar Invite 9am	Away
Mon	April 29	Hudsonville @ 4:30	Home
Wed	May 1	Caledonia @ 4:30	Away
Sat.	May 4	WO Relays * @ 8:30am All runners will be expected to volunteer at this event if not running in it	Home
Wed	May 8	JV Conference Meet (Last Day for JV) @ Hudsonville	Away
Fri.	May 10	OK Red Conference* @ East Kentwood	Away
Fri.	May 17	Regionals* @ Grand Haven	Away
Sat.	May 25	MITCA Team State** (maybe)	Away
Sat.	June 1	STATE** @ East Kentwood	Away

*Varsity ONLY

**Qualifiers ONLY