

2019 Starr's Mill Track & Field Informational Meeting

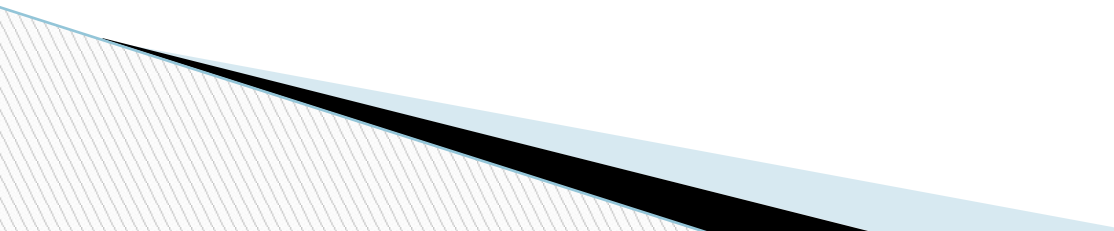


Chad Walker- Head Track & Field Coach

Mike Dobso – President FLBC

December 2nd, 2019

Agenda

1. Contact Information Kelly Anderson
 2. Meet your FLBC Officers and Key Volunteers
 3. Meet the Coaches
 4. Track & Field Schedule Chad Walker
 5. Team Requirements:
 1. Uniforms, Practice, Meets
 6. Optional Travel Meets:
 1. Orlando Travel Meet- March 8-10
 2. Bojangles
 7. Fees- Uniform, Registration, Optional Travel Meet Diana Schmidt
 8. Volunteer Opportunities & Expectations
 9. Recap
 10. Try On Uniforms
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Collecting your Contact Info

- During the Meeting:
 - Use the PCs in the Media Center
 - Input info in all the fields for you & your athlete
 - Save it
- After the Meeting:
 - Use the link at www.starrsmilltfxc.com

Thank you to the 50+ parents/athletes who did this in the past two weeks!

Please provide your info again, even if your athlete was involved in the past season or year

Team Results

Girls Track State Runner-Up 2008 and 2009
Boys Track State Runner-Up 2007 and 2018

Girls Track Region Champions
2006 2009 2010 2011 2014 2015 2017 2019
Boys Track Region Champions
2005 2013 2015 2018 2019

Girls Fayette County Champions
2005 2006 2008 2010 2011 2013 2014 2015
Boys Fayette County Champions
2005 2006 2010 2011 2013 2015

Girls 9 Top Ten Finishes at State in the last 12 years!
Boys 5 Top Ten Finishes at State in the last 12 years!



Team Organization

- Varsity and Junior Varsity 150 athletes
- Track Meets
 - 8 Varsity Meets
 - 6 JV meets (many JV athletes can run up at larger varsity meets)
 - Last JV meet April 15th
- Get a paper copy of the Schedule or go to the website

www.starrsmilltfxc.com



FLBC Board Members

- Mike Dobso – [President](#)
- Michelle McConnell - [Vice-President](#)
- Diana Schmidt - [Treasurer](#)
- Kelly Anderson - [Secretary & Communications](#)



FLBC Key Volunteer Positions

- Katie Stevens - [Uniforms & Spirit Wear](#)
- Jessica Dombek - [Volunteer Coordinator](#)
- Melissa Gibson/Dana Mrazik - [Concession Manager](#)
- Tammy Smith – [Hospitality & Starr's Mill Athlete Lunch/Snack \(SALSA\) Coordinator](#)
- Kim Dobso - [Transportation/Travel Coordinator](#)



V O L N T E E R
all that's missing is U!

Coaching Staff

- | | | |
|-----|--------------------|-------------------------------|
| 1. | Chad Walker | Head Boy's & Girl's T&F Coach |
| 2. | Kendall McFaddin* | Hurdles |
| 3. | Steve Shankle * | Pole Vault |
| 4. | Rob Isaac * | Distance and Jumps |
| 5. | Anne Chrzanowski * | Head Girls Distance Coach |
| 6. | Shawn St. Julian * | Sprints |
| 7. | Don Livingston* | Head Boys Distance Coach |
| 8. | Kelly Rock | Distance Coach |
| 9. | Emily Sims* | Distance Coach |
| 10. | Ian Stone* | Pole Vault |
| 11. | Andy Smith | Throws |

* *Community Coaches*



2020 SMHS Track and Field Schedule

Date	Day	Meet	Location	Time	Depart
Dec.4- Jan.10	M/T/W/TH/F	10 Day Voluntary Conditioning (running/wts)	Track	4:00p	5:15p
Jan.7	Tues	Registration Last day to order uniforms Jan. 14th	Cafeteria	6:00p	
Jan. 13	Mon	Boy's and Girl's Official Start	Track	3:45p	
Jan. 20	Mon	MLK Indoor Track Meet No Practice! Selected Athletes Only	Birmingham, Al	TBA	
Feb. 3	Mon	Time Trial (FAT)	Starr's Mill	4:00p	
Feb. 17-21	Mon-Fri	Feb.19th-21st Winter Break Practice W/Th/F	Practice W/Th/F	3:45p	
Feb. 22	Sat	Chapel Hill All-Comers Meet Varsity/JV	Chapel Hill	9:00a	7:30a
Feb. 26	Wed	JV/Open @ McIntosh Team Pictures	McIntosh SM Stadium	5:00p 3:45p	4:00p
Feb. 28-29	Fri/Sat	The Atlanta Relays Olympic Marathon Qualifier	Lakewood Atlanta	TBA TBA	
Mar.4	Wed	JV/Open @OLM	OLM	5:00p	4:00p
Mar.7	Sat	Wolverine Relays	Union Grove	8:15am	TBA
Mar.11	Wed	JV County Meet Unlimited Athletes	Starr's Mill	3:45pm	
Mar.13-15	Fri Sat	Kowboy Invitational Osceola High School Kissimmee, Fl	Kissimmee, Fl	TBA	
Mar. 18	Wed	JV/Open @ Sandy Creek	Sandy Creek	4:00p	
Mar. 21	Sat	Carrollton Invitational	Carrollton HS	9:00a	7:00a
Mar. 25	Wed	JV/Open Meet@ Fayette Co.	Fayette Co.	5:00p	4:00p
Apr. 3	Fri	Friday Night Lights(Var.)	Starr's Mill	4:30p	
Apr. 6-10		Spring Break			
Apr. 10-11	Fri/Sat	Bojangles Invitational	Columbia, SC	TBA	
Apr. 15	Wed	JV/Open Senior Night -Last Chance	Starr's Mill	5:15p	
Apr. 18	Sat	McEachern Invitational	McEachern	9:00a	
Apr. 29	Wednesday	Varsity Girls/Boys	Starr's Mill	TBA	TBA
Apr. 30	Thurs/Rain	3-A AAAA Region Meet			
May 9	Sat	Varsity Girls/Boys AAAA Region 1, 2 ,3, 4 Sectionals	Eagles Landing	11:00a	
May 14-16	Thurs-Sat	Girl's and Boy's State Meet 5A and 6A Classification	Carrollton HS	TBA	TBA

Voluntary Conditioning

- Preseason conditioning and weight training prior to first practice
- 4pm – 5:15pm – After School
- SMHS Weight Room and Track
- Dates:
 - December 4th , 6th , 9th , 11th , 13th , 14th
 - January 8th and 10th
 - January 13th First Day of Official Practice



Uniform Requirements

- **All athletes required** to purchase 1 uniform & team warm-ups
- Athletes in multiple event type teams will be loaned a uniform for that certain event(s)
- All need to look the same at the track meets
- Uniform = team warm-up jacket, team warm-up pants, singlet top, and Bottom (Shorts, spandex, or thrower shorts)



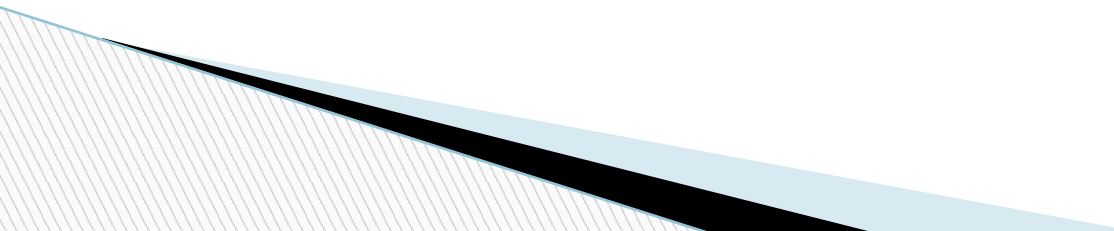
Event you compete in

- Men's sprints and field (non throwers)
- Men's thrower shorts
- Men's distance shorts (same as XC shorts)
- Women's sprints, distance, and field (non throwers)
- Women's throwers

=> Type of Bottom

- = Men's spandex
- = Performance shorts
- = Men's shorts
- = Women's spandex
- = Performance shorts

Uniforms and Meet Warm-ups:

1. We have sample uniforms & sweats to try on TONIGHT
 1. Go to the SMHS store at the Boathouse website
<http://www.boathouseteamstores.com/starrsmillhighschool>
 1. Purchase online and they ship directly to you
 1. Store is open December 2– January 14
 1. All uniform items must be ordered online through Boathouse.
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Uniforms:

Top- Singlet: Same for All Events
Fit is different by gender



Uniform Bottom-Short varies by gender & event:

1. Women's Sprints, Field, and Distance
3. Men's Distance



1. Men's Sprints & Field



3. Thrower (Men/Women)



Meet Warm-ups:

Go to the SMHS store at the Boathouse website:

<http://www.boathouseteamstores.com/starrsmillhighschool>



Team Pullover

- Ordered at registration meeting on January 7th
- Included with fees
- Need your size today



Optional Spirit Wear:



Personalized
Shoe Bag/Back Pack



Team Pullover Hoodie

Practice Requirements



- Must have a physical on file with SMHS athletic department
- First Day of Practice is January 13th- 3:45pm
- Daily Monday through Friday
 - Time: 3:45pm-6:00pm
- Must practice W, TH, F, Feb 19, 20, 21 to go to 1st meet (practice is 3:45pm)
- Attendance and participation in practice determines meet entries

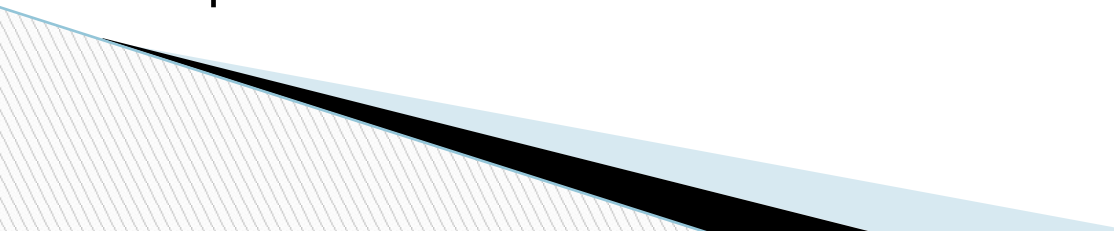
TOGETHER WE ARE STRONGER
AIE

Meet Transportation Information posted on StarrsMilITFXC.com

- Transportation to Varsity/JV meets will be provided
- Athletes may drive to event as long as transportation is filled out
- Athletes ***MUST:***
 - Arrive 1 hour prior to event time
 - Check in with coaching staff on arrival and departure



Meet Preparation & Behavior

- Wear Starr's Mill High School colors at all meets
 - Uniform
 - Meet warm-ups
 - Team issued- shirt or jacket
 - Wear uniform to meet so you do not forget it
 - **ALWAYS** have something over your uniform (**warm-ups**) when you are not competing
 - Bring snacks / water, pay attention to schedule, warm-up, and sign out with coaches on departure
 - Remember: you are representing the school, the coaches, and your parents
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Orlando Trip- Kowboy

Osceola High School
Kissimmee, FL

- Friday, March 13 – Bus departs at 8:00am
- Saturday, March 14- Meet (all day)
- Sunday, March 15– Universal Studios (all day)
 - 3:30pm departure on Sunday; arrive 10:30pm at SMHS
- Limited to 50+ athletes (Seniors first)
 - Attendance, work ethic, and behavior will also be deciding factors
 - Usually underclass go, even 9th graders, so turn in your money on **Feb 4**
- Cost \$300 for FLBC Members and
 - Pay registration fees in full on Jan 7th
 - Trip payment **February 4th** (Tues)
 - More Details in a few pages



Communication

- Collect your contact information tonight

- 4 Forms of Communication:
 1. Verbal from Coach Walker at Practice to your athlete

 1. Weekly email from Coach Walker and Booster Club

 1. Text as urgent needs arise (Twitter: SMHSTF@SMHS_TFXC)

 1. Website- lots of information including
 - Tonight's presentation
 - Registration forms www.starrsmilltfxc.com
 - Meet Schedule

3 Fees	Price	What's included	Payment and Timing	Comments
Uniform Fee	\$260	<ul style="list-style-type: none"> • Warm-up Jacket • Warm-up Pants • Bottom (varies) • Singlet 	Dec 2 Jan 14 Pay Boathouse directly	<ul style="list-style-type: none"> • Order through the Boathouse website, special SMHS store • Store Opens Dec 2 • Store Closes Jan 14 • Ships directly to you • Arrives before 1st meet -2/22
Registration Fee	\$390	<ul style="list-style-type: none"> • Team facility & equipment expenses • Gifts for Coaches • Team Travel Expenses • Athlete ¼ zip jacket • Award Ceremony ticket 	Jan 7th (Tuesday)	Bring filled out forms to registration Work following for \$150 refund: <ol style="list-style-type: none"> 1. Atlanta Relays AND Friday Night Lights 2. In addition to the above meets, MUST work one of the additional home meets
Orlando Track Meet Fee	\$300	<ul style="list-style-type: none"> • Charter Bus • Hotel – 4 to a room • Meals for the trip • Theme Park Ticket 	Feb 4 (Tuesday)	<ul style="list-style-type: none"> • 1st 50 athletes to pay go • Priority: Seniors <input type="checkbox"/> Freshman • Must pay base fee in full in January 8th

Volunteer Expectations: 3 of 6 meets

- Everyone volunteers at these 2 meets:
 - The Atlanta Relays – February 28th and 29th (Friday/Saturday)
 - Friday Night Lights – April 3 (Friday)
- Volunteer at 1 of the other 3 meets we host
 - JV County Meet – March 11 (Wednesday)
 - Last Chance/ Senior Night – April 15 (Wednesday)
 - Regional Championships – April 29 (Wednesday)
- Get \$150 back when you work 3 meets
- When you volunteer – We All Win!
 - Track program makes \$\$ and you earn \$\$ back



Volunteer Positions at Meets

- Set-up the Venue
- Work Field Events
- Concessions
- Hospitality & SALSA
- Finish Line
- Check In and Bull Pen
- Awards
- Sponsorship Team
- Take Down / Clean-up
- Other Areas

Process for Volunteering :

Use [SignUp.Com](https://www.signup.com)



Extra Volunteer Opportunities

1. Phidippides Shoe Coordinator – Feb 2 (Sunday)
2. 1 of 2 Orlando Meet Coordinators - Meal Coordinator
3. Senior Night Meet - Announcer
4. End of Year Awards Ceremony - 2 co-leads

* Sign up sheet coming around now *



Nike Shoes Coming to PTC – Feb 2**

- Tentative Sunday, February 2 at SMHS Track at 2:00pm
- Benefits
 - Professional fitting
 - Selection of training shoes & spikes
 - Discounted prices
 - Save on a trip to Atlanta
- Need to know size, interest in training shoes and/or racing spikes –
 - Sign the list tonight or
 - Respond to the email
- No obligation
- RSVP by Jan. 31st



Recap

- Meet Schedule available on the website
- This presentation is on the website: www.starrsmilltfxc.com
- Registration Meeting: Jan 7th 6-7:30pm
 - SMHS Cafeteria
 - Fill out forms on the website and bring to the meeting
- 3 Fees and Options to reduce cost

3 Fees	Price	Payment and Timing	Comments
Uniform Fee	\$260	Dec 2- Jan 14 Pay Boathouse directly	<ul style="list-style-type: none"> • Order through the Boathouse/ SMHS team website • Opens Dec 2 and Closes Jan 14 • Ships directly to you • Arrives before 1st track meet
Registration Fee	\$390	Jan 7 th (Tuesday)	2 ways to reduce the cost: <ol style="list-style-type: none"> 1. Work 3 track meets earn \$150. 2. Sell Sponsorships: Earn 10% Commission <ul style="list-style-type: none"> • \$500 in Sponsorships = \$50 for you!
Orlando Track Meet Fee	\$300	Feb 4 th (Tuesday)	<ul style="list-style-type: none"> • 1st 50 athletes to pay go • Priority: Seniors <input type="checkbox"/> Freshman • Must pay base fee in full January 7th

Questions?

- Uniform Try-on -

