

Teays Valley Track & Field

PARENT MEETING

Agenda

Final Forms

- All athletes must be registered on Final Forms and have up to date paperwork.

Parent participation (volunteer opportunities)

- Team Meal or Meet Snacks. If you would like to coordinate efforts to offer team meals for the athletes or provide snacks for the track meets please see a coach following the meeting.
- Kiwanis Invitational – Sat. May 5th. Please sign-up to help facilitate our home meet. We need roughly 20-30 volunteers to run our home meet. If we get enough involvement, we can split the shifts into 2 groups, so you only have to serve ½ of the meet. ☺

Pay to participate

- This is still a paper form. The \$50 is due by 3/23.
(fee may be reduced for multiple athletes in a family or free-reduced lunch).
**If you pay online you still need to fill out the form! Forms and \$ can be given to the office (not a coach).

Team expectations

- Athletes are expected to be respectful of coaches, other athletes, officials, and facilities.
- Athletes are expected to be responsible for their actions and decisions.
- Athletes are expected to put in the hard work it takes to be successful and follow proper nutrition.

Eligibility

- Mr. Hageman is doing grade checks on Thurs. 3/15. Athletes must be taking and passing at least 5 classes, have at least a 1.5 GPA and not more than 1 F to be eligible.

Uniforms and proper dress

- Uniforms will be handed out the week of the first meet. Athletes need to come prepared for all types of weather conditions. The weather in OH can change dramatically in a day and we are often outside for 6+ hours at a meet. See handout on proper footwear.

Track Meets

- Tuesday meets are for all athletes to participate. They will also be used as training for Varsity athletes and athletes may be asked to run events outside of the norm.
- Saturday meets are for the top 2 athletes in each event. Some JV athletes may be taken as alternates, but most JV athletes will not attend Invitationals.

Post-meet guidelines

- Athletes are expected to ride the bus to and from all meets. If you have a special circumstances (such as: taking the ACT), please see a coach and print off an excuse form.

Team Pictures

- These usually fall over Spring Break. We will send out information as soon as it is available.

Fundraising

- No selling of anything this year! See handout on Snap Fundraiser. We need new tents and new uniforms for next year.

Team website/social media

- Website vikingstrack.com...general information, coaches contact info, schedule
- Remind ...time sensitive updates (bus change), info affecting the whole team
- Twitter @tvtrackfield...meet results, non-time sensitive updates
- Instagram tvtrackfield...pictures of athletes

The Teays Valley T&F Coaching Staff

Athletic Director: Randy Hageman 740-983-5020

Head Coaches:

- Zach Frank – distance
- Katie Tennant – pole vault, hurdles, high jump

Assistant Coaches:

- Mindy Fusetti – throws
- Andrew Looney – mid-distance
- Kelly O'Dell – mid-distance
- Eric Taylor – sprints, relays, long-jump
- Mark Weber – throws

Coaches contact information can be found at www.vikingstrack.com

*Thanks for all you do parents!
Your support of your athletes and the Track and Field program means a lot :)*

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PARENT REGISTRATION

HOW DO I SIGN UP?



Parent



1. Go to <https://teaysvalley-oh.finalforms.com>
2. Click **NEW ACCOUNT** under the Parent Icon
3. Type your **NAME, DATE OF BIRTH** and **EMAIL**, then click **REGISTER**
4. Check your Email for a FinalForms Email, and click **CONFIRM YOUR ACCOUNT** in the email text.

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FinalForms Parent
Your FinalForms account will be created and you will receive an email to confirm your registration.
Please click on the link in the email to confirm your registration.
Thank you.
© 2014 FinalForms, Inc. All rights reserved.

NOTE: You will receive an email within 2 minutes prompting you to confirm and complete your registration. If you do not receive an email, check your spam folder. If you still do not see the FinalForms email, please email support@finalforms.com

5. Create your new FinalForms password and click **CONFIRM ACCOUNT**

You're almost done registering as a Parent

FinalForms Parent

New Password

Confirm Password



6. You may be asked if you want to grant another Parent/Guardian access to your registered students. Either click **SKIP THIS STEP** or type the **NAME, DATE OF BIRTH** and **EMAIL**, then click **ADD PARENT ACCOUNT**.

Add Another Parent? Skip this step

Get a second parent to share your student's progress, manage their account, and help them to manage their student.

Name:

Date of Birth:

Email Address:



7. Your account(s) will be created, you can then click **STUDENT** for your first child.

REGISTER

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REGISTERING A STUDENT

WHAT INFO WILL I NEED?

- Basic Medical History & Health Info
- Doctor, Dentist & Hospital Information
- Insurance Company & Policy Number
- Email Address for BOTH you and your student (if required by your district)

HOW DO I REGISTER MY FIRST STUDENT?

*****IMPORTANT***** If you have followed the steps on the previous page, you may Jump to Step 3.

1. Go to <https://teaysvalley-oh.finalforms.com>



Parent



2. Click **LOGIN** under the Parent Icon

3. Click **REGISTER STUDENT**

My Students



4. Complete the form including the Student's Legal Name, **EMAIL ADDRESS**, Date of Birth, Gender, Graduation Year, Home Address and any other information required by your School District, then click **CREATE STUDENT**

NOTE: A student email address may or may not be required depending on your school district preferences. If so, the email address provided may be used to send reminders to your student.

5. If your student plans to participate in a sport, activity, or club please click the checkbox for each. Click **UPDATE** after making your selection.

NOTE: A selection can be changed any time until the registration deadline.

6. Complete each form and sign your full name (e.g. "John Smith") into the Parent Signature field at the bottom of the page. After signing, click **SUBMIT FORM** and move on to the next form.

Form Signatures

Parent Signature

Student Signature

Student Signature

Submit Form

7. When all forms are complete, you will see a "Forms Finished" message.

*****IMPORTANT***** If required, an email will automatically be sent to the email address that you provided for your student prompting him/her to sign Student forms requiring his/her signature.

8. Click **MY STUDENTS** if you are done, or **REGISTER ANOTHER STUDENT** if you need to add another.

9. At any point in the future, you may login at any time and click the **UPDATE FORMS** button

What's in a Running Shoe?

There are not many investments that must be made when running but one of the best and biggest investments that one can make when preparing for the season is buying a good pair of running shoes. This is not a simple as it sounds. Just going to a local shoe store and buying a pair of shoes that appeal to the eye or "look cool" is not going to be the best option for a competing athlete. Going out and doing this leaves the athlete at risk for an injury, and despite the best efforts of the coaching staff to keep the athletes healthy and safe, the likelihood of getting injured is increased greatly if an athlete does not purchase proper shoes to run in. Appropriate shoes can go a long way in helping with the prevention of unnecessary injuries.

What's the difference in shoes and running shoes?

Higher level running shoes are shoes designed to take the pounding of running mile after mile that a cross country athlete is going to run over the duration of the season. They are designed not just for activities of daily living, but for a competing and active athlete.

Can I choose just any pair of running shoes?

No. There are many types of running shoes and how we run and turn our foot in determines the type of running shoe that is appropriate for us to train in. For example, if an athlete overpronates their foot (turning their foot inward excessively) when running, they would benefit from getting a pair of mild stability or stability shoes to support the turning of the foot. If an athlete runs and the foot rolls in slightly and there is an even push from the front of the foot, a **neutral** shoe is more appropriate. Shoe stores can help with this, especially running shoe stores as they have trained staff to watch how your foot turns and can recommend specific shoes to fit your running style. Also, they can look at the arch of your foot and determine how a shoe will fit. Taking the time to purchase the correct running shoes can help prevent many injuries.

Also important is replacing the shoes when they are worn out, as worn out shoes are just as bad as shoes that are not appropriate for your feet. How often should shoes be replaced? Between 300 and 400 miles. Why the range? Because how quickly a shoe wears depends on you. If you land hard on your heels with each stride, for example, you're going to wear through shoes more quickly than more efficient runners. Go by feel. If after a normal run your legs feel as if the shoes aren't providing you adequate protection, they probably aren't. In addition, each shoe brand has a mold or clast that is different. Within a brand, there are many models from that mold. Because everyone's feet are different **it is important to find a mold and model that fits your feet the best.** This means that not every athlete matches Nike or Adidas and may have to look at other brands.

Do I race in my training shoes?

Most athletes race in spikes. These shoes are generally lighter and provide the athlete with more traction when racing. These can be purchased at the running stores listed below.

Where can I go to receive this help and buy appropriate running shoes and racing spikes?

Columbus Running Company

1250 Hill Road N., Pickerington, OH 43147

6465 Perimeter Dr., Dublin, OH 43016

765 N. High Street, Suite B

50 N. State Street, Westerville, OH 43081

Fleet Feet

1270 E Powell Rd, Lewis Center, OH 43035

FrontRunner

1344 West Lane Avenue, Columbus, OH 43221

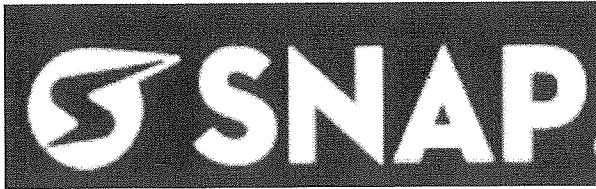
7227 North High Street, Worthington, OH 43085

Second Sole

1245 North Hamilton Road, Gahanna, OH 43230

662 North High Street, Columbus, OH. 43215

Event specific shoes can be found at the above stores as well as online (<http://www.firsttothefinish.com/>). Speak with your event coach if you have questions.



Parents & Guardians,

We are kicking off a new fundraiser this year using the 'Snap!' program that allows us to use email, social media, and text messaging to quickly raise money for our team. All that is asked of each participant is that they gather 20 or more email addresses of family, relatives & potential supporters that may be willing to donate to our cause. Your contacts are strictly private & protected; they will simply receive a personalized donation request on behalf of your student during our fundraiser. If you could please help your student complete PART B below this would be a huge help to our program. We really need full participation in order to reach our team goal. By completing these simple steps we will greatly reduce the need to run as many fundraisers as previous years! Thanks for your support!

What is Snap Raise?

Snap! is a social donation platform developed through years of fundraising experience as a fundraising solution for groups small and large. **Snap allows you to effectively manage your fundraiser from start to finish,** saving you time to focus on what's important while raising more money for your cause than you ever thought possible. Fundraiser participants & supporters will be able to utilize our donation platform to send out donation requests via email, social media, and SMS to your potential supporters. Snap's unique interface and integration with social media allows you to reach out to a larger participating audience, take in donations quicker and track your progress all through a user friendly platform. Most importantly with Snap, supporters have the freedom to pay for donations with their Credit or Debit cards which are then securely processed.

How do I know my payment is secure?

Snap Raise uses Wepay to securely process credit card donations – the largest and most trusted platform payment processor in the country. Our site is also SSL encrypted, and we do not store any credit card data. You can rest assured that all of the best development practices have been used and your payment is completely secure.

How do I know my email address is safe?

All contact information entered is strictly private and protected. It will not be sold to 3rd party companies.

General Information: <https://www.snap-raise.com/faq>

Team Site: www.hwho.org



Vikings Track & Field

2018 Meet Schedule



Day	Date	Meet	Location	Bus Leaves	Meet Starts
Sat	3/24	Chillicothe Fair-Weather Relays Invite	Chillicothe HS		
Tues	3/27	Watkins Memorial Dual	Watkins Memorial HS		
Sat	3/31	Newark Invitational	Newark HS		
Tues	4/3	County Meet	Westfall HS		
Sat	4/7	Fairfield Union Invitational	Fairfield Union HS		
Tues	4/10	Grove City Quad	Grove City HS		
Sat	4/14	Hank Smith Invitational	Heath HS		
Tues	4/17	Cole-McCafferty Invitational	Amanda HS		
Tues	4/17	Liberty Union Tri w/Bloom Carroll	Liberty Union HS		
Sat	4/21	Kallner Invitational	Hamilton Township HS		
Tues	4/24	Gene Cole (9 th &10 th)	Lancaster HS		
Tues	4/24	Central Crossing	Central Crossing HS		
Sat	4/28	Franklin Heights Invitational	Franklin Heights HS		
Mon	4/30	Pick North Tri w/Canal	Pickerington North HS		
Sat	5/5	Kiwanis Invitational	Teays Valley HS		
Tues	5/8	MSL Preliminaries	Hamilton Township HS		
Thurs	5/10	JV MSL Championships	Bloom Carroll HS		
Fri	5/11	MSL Finals	Hamilton Township HS		
Tues, Wed. Thurs	5/15, 5/16, 5/17 (2 out of 3 days)	District Preliminaries	Hilliard Darby HS		
Sat.	5/19	District Finals	Hilliard Darby HS		

Qualifying Tournaments - (Must place in top 4 at Districts to advance)

Regional Tournament May 23rd & 25th

State Tournament June 1st - 2nd

Updated 3/5/18