



2020 Track and Field Parent Meeting



Teays Valley T&F Coaching Staff
Athletic Director: Joel Baker

Introductions:

Head Coaches:

- Pete Gegick – mid-distance, sprints
- Katie Tennant – pole vault, hurdles, high jump

Assistant Coaches:

- Zach Frank – distance
- Taylor Richards – throws
- Clayton Seymour – throws
- Eric Taylor – sprints, relays, long jump

Contact Info at: <http://www.vikingstrack.com/contact.html>

Discussion Topics:

BAKER

Final Forms

- <https://teaysvalley-oh.finalforms.com/>
- Athletes must be on final forms with updated paperwork to be eligible to compete!

Pay to participate \$

- Forms are available to pick up
- This is due before the first meet (3/28)
- This can be paid online or through a check (no cash); turn in to the main office
- There are multi-athlete family discounts and a waiver for free/reduced lunch recipients

Athletic Handbook Changes

Eligibility

- 1.5 GPA, passing 5 classes, no more than 1 F

GEGICK/TENNANT

Contact Info

- Website vikingstrack.com
- Remind text 81010
- Twitter @tvtrackfield
- Instagram tvtrackfield



Track Parent 2020
@tv20parent



Track Athlete 2020
@vtf2020

Athlete expectations

- See handouts for specifics (vikingstrack.com – “athlete packet 2020”)
– Basics: be responsible, show integrity, be respectful, work hard, have fun
- Athletes must attend school the day of and the day after a competition
- Athletes must attend practice the day before a competition
- If an athlete will be late to practice, miss practice or leave practice early – they must fill out an excuse form. The absence may or may not be excused depending on the reason. Excess unexcused absences will result in the athlete forfeiting their opportunity to compete.

Important dates/Parent Participation

- Team Pictures 3/24 @3pm
- Team Meal 3/25 @5:15pm
- County Meet 4/21 @4:30pm
- CW/PN Tri 5/5 @4:30pm
- MSL pre-lims 5/12 @4:30pm
- MSL finals 5/15 @6pm
- Meet schedule (see attached)

We will need lots of help hosting our home meets! Please sign up to work one or more shifts to enable us to host excellent events!

Uniforms and proper dress

- Uniforms will be handed out before the first meet
- These are new! Please take care when washing (delicate) and do not leave number stickers on.
- Athletes may have V and JV uniforms due to numbers
- Always come over prepared! Bring more clothes than you think you will need. Bring hats, gloves, blankets, ear warmers, etc. Bring raingear, extra socks, shoes, etc.
- Bring a water bottle and food to every meet. Sometimes concession stands are not available. Plan to be gone at least 5 hours for weekday meets and at least 8 hours for Saturday meets.

Warm-ups

- <https://www.fleetfeetteam.com/teays>
- Orders due at 11:59pm tonight, 3/12/2020!!
- See Fleet Feet (in the mezzanine) after the meeting with questions

How to earn a varsity letter

- Refer to handout on vikingstrack.com

Pre/post practice and post-meet guidelines

- Students are not allowed to be inside the school unsupervised. After practice you may go inside to grab your things, but you cannot hang out in the gym, mezzanine or hallways waiting for your ride.
- Athletes need to do a proper cool-down following their events
- ALL athletes ride the bus to and from meets
- Non-driving athletes should have their ride waiting in the parking lot when the bus arrives



REMIND



Good news! – our team has grown so much that we can no longer use just 1 remind group. This year we have 2 groups.

Parents – if you have joined in a previous year you are good to go! You do not need to do anything. If you are new and need to join please follow the instructions below. If you are struggling and need help please email or text/call Coach Tennant or Coach Gegick.

To join the **PARENT** Remind – text @tv20parent to 81010



Track Parent 2020

@tv20parent

Athletes – if you were part of the previous remind you need to do 2 things.

1. Leave the old group (to make room for new parents)
2. Join the new group below

To join the **ATHLETE** Remind – text @tvtf2020 to 81010



Track Athlete 2020

@tvtf2020

Why use Remind?

REMIND IS A FREE, SAFE AND SIMPLE WAY for educators to instantly text message students, parents and other educators.

With a single click, teachers, coaches, or administrators can send reminders, assignments, or motivational messages directly to students' and parents' phones—including disposable or “flip” phones, since Remind messages can go out via low-tech SMS in addition to app “push” notifications and/or email. Educators can also schedule messages to go out in advance, and attach photos, files, and Voice Clips to their messages.

Messaging is safe because phone numbers are kept private, and a recorded history transcript is kept for all messages. Teachers can send or schedule one-way Announcements, or choose to enable Chat with Office Hours for more personalized two-way communication. For students and parents, Remind provides an easier way to stay informed outside of the classroom.

REMIND IS SAFE

- Personal contact information is kept private. Phone numbers are not exchanged between teachers, students, and parents.
- Messages cannot be edited or deleted, so your Announcement or Chat History is easily accessible for future reference.
- Students under the age of 13 must enter a parent's email address to notify them of use, and can only receive one-way Announcements.

REMIND IS ACCESSIBLE

- Teachers can use Remind to reach students and parents on any device—a computer, tablet or any mobile phone.
- Subscribers can receive Remind messages through text (in the US & Canada), email, and the app.
- Remind is free to use for teachers, students, and parents!

REMIND SAVES YOU TIME

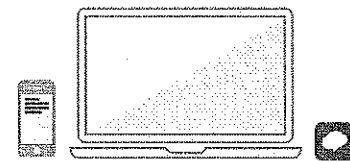
- Forget those outdated school websites and long newsletters. Remind messages are less than 300 characters and sent directly to your mobile device.
- Teachers can set Office Hours to let you know the best time to respond to a Chat. If you see your teacher's name in your Chat list, you can send them a Chat any time.
- Keep in touch on-the-go! With Chat, you can send quick photos of permission slips or assignments, PDFs, or personalized Voice Clips right from your phone.

Sign up! It's easy.

To become a subscriber of a Remind class, you need to be invited by a teacher, coach, administrator, or organization leader. They will share a class code that looks like this:

@code

You can quickly join a Remind class in one of three ways:



01 / SIGN UP DIRECTLY BY TEXT only in the US or Canada

02 / VISIT THE JOIN PAGE online at www.remind.com/join

03 / DOWNLOAD THE APP on your IOS or Android device

See what other parents think about Remind!



WATCH THE VIDEO >

Mrs. Chow of Pasco County Schools uses Remind as a part of her curriculum. See Remind's impact on her students' parents.



Vikings Track & Field

2020 Meet Schedule



| Day | Date | Meet | Location | Bus Leaves | Meet Starts |
|------------------|------------------------------------|--|-------------------------------|-----------------------------|-------------|
| Sat | 3/28 | Chillicothe Fair-Weather Relays Invite | Chillicothe HS | 8:00 am | 10:00 am |
| Tues | 3/31 | Central Crossing Dual | Central Crossing HS | 3:15 pm | 4:30 pm |
| Sat | 4/4 | Newark Invitational | Evans Athletic Complex | 7:00 am | 9:00 am |
| Tues | 4/7 | Bloom Carroll Dual | Bloom Carroll HS | 3:00 pm | 4:30 pm |
| Fri | 4/10 | Olentangy Berlin Invitational | Olentangy Berlin HS | 1:45 pm | 4:00 pm |
| Tues | 4/14 | Grove City Tri | Grove City HS | 3:30 pm | 5:00 pm |
| Sat | 4/18 | Hank Smith Invitational | Heath HS | 7:45 am | 10:00 am |
| Tues | 4/21 | County Meet | Home @ Viking Stadium | Athletes arrive 3:15 pm | 4:30 pm |
| Fri | 4/24 | Lakewood HS Relays | Lakewood HS – Hebron | 3:00 pm | 4:30 pm |
| Tues | 4/28 | Gene Cole (9 th &10 th) | Lancaster HS | 3:00 pm | 4:30 pm |
| Sat | 5/2 | Gary Smith Worthington Invitational | Thomas Worthington HS | 7:00 am | 9:00 am |
| Tues | 5/5 | Pick North Tri w/Canal | Home @ Viking Stadium | Athletes arrive 3:15 pm | 4:30 pm |
| Fri | 5/8 | Northeastern Invitational | Northeastern HS – Springfield | 3:00 pm | 5:00pm |
| Tues | 5/12 | Varsity MSL Preliminaries | Home @ Viking Stadium | All Athletes arrive 3:15 pm | 4:30 pm |
| Thurs | 5/14 | JV MSL Championships | Bloom Carroll HS | 3:00 pm | 4:30 pm |
| Fri | 5/15 | Varsity MSL Finals | Home @ Viking Stadium | All Athletes arrive 5:00 pm | 6:00 pm |
| Tues, Wed. Thurs | 5/19, 5/20, 5/21 (2 out of 3 days) | District Preliminaries | Hilliard Darby HS | TBD | TBD |
| Sat. | 5/23 | District Finals | Hilliard Darby HS | TBD | TBD |

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

Regional Tournament May 27th & 29th

State Tournament June 5th & June 6th

Updated 3/3/2020

SENIORS – District finals is the day after graduation – please DO NOT plan graduation parties on this day before 7pm!