

Watkins Boys Track – First Day of Outdoor Team Meeting

1. Sign one of the rosters that are circulating in the room
 - a. If you want to get team texts, please put a cell phone number
 - b. Please put an event group, this does not lock you in, you may change

2. What you need to do this week:
 - a. Physical – you must have a current physical in the athletic office
 - i. CVS - \$69 (w/o insurance) , Kroger \$30
 - b. Parent Meeting – WEDNESDAY NIGHT 6:00 PM AT HIGH SCHOOL
 - c. Parent Sign Up – “Final Forms” (go to www.watkinstrack.org for link)
 - d. Grades – you need to be/get eligible

3. Practices
 - a. Start at 2:30 (either on track – good weather, or in main hall – bad weather)
 - b. PREPARE TO BE OUTSIDE – NO MATTER THE WEATHER
 - c. Practice will end at 5:00pm – you may schedule on that!!!!
 - d. If you are going to miss practice – LET COACH DAHLMAN KNOW
 - i. 740-973-4203 OR mdahlman@watkinstrack.org
 - ii. What’s an excused practice
 - e. Athletes in multiple event groups – check with Coach Dahlman about which practice you should go to
 - f. Your event coaches:
 - i. Coach Jarvis – Distance
 - ii. Coach Kennedy – Sprints
 - iii. Coach Corum – Hurdles
 - iv. Coach Heffelfinger – Long and High Jump
 - v. Coach Mansfield – Throws
 - vi. Coach Dahlman – Pole Vault

4. Spring Break – we have two three meets over the spring break week – and a team picnic
If you are going on break – you must be going with your family, and you must have a note to me from your parent prior to leaving

5. Study Tables
 - a. We will start study tables tomorrow – if you have a ‘D’ or ‘F’ in any class you need to report to study tables by 2:20 in the back of the cafeteria
 - b. Study Tables will go until 2:45 – then you will be released to go to practice
 - c. When you show evidence that you no longer have a ‘D’ or ‘F’ – you will be released from study tables

6. Team Information
 - a. Practice and meet schedules, TEAM RULES, Directions to meets and lots of other stuff on www.watkinstrack.org