

CTK Track Team 2019

Coaches –

Adrian Lee (Girls) - 217-553-0511
Molly Dulski (Girls) - 217-638-0877
Tressa Hartman (Boys) - 217-306-0630
Kim Obert (Boys) - 816-309-3352
Mark Vance - Advisory Coach
Throwing Coach – TBD

**Coaches will work together to coordinate practices and meet event assignments. Girls and Boys will continue to train/practice together. The coach assignments are designated for managing coverage at meets, implying Girls track/Boys field vs Boys track/Girls field events

It is expected that your child attends all practices for their events.

If your child cannot attend a practice, please text one of the coaches to let them know. Time and effort goes into writing meet lineups. An email will go out asking if your child will attend upcoming meets. It is expected that you respond to this email with the meets your child will attend. Not doing so will result in your child not being able to compete at meets.

The following criteria will play a part in making relay team lineups:

1. Time in events
2. Attendance at practice
3. Seniority
4. Ability to attend relay practice and meets.

The coaches will try to make sure that each child has at least one event to participate in at all meets. Sectionals is a very competitive meet. We only take the kids that have the best chance of making it to State. We will fill our Sectional Roster with the most competitive athletes first and then place kids in spots according to their talents

An email will go out each Sunday letting you know what the week's events are. Track is at the mercy of spring weather. We will do our best to get you information as soon as we have it. Please do not email or text asking if practice or meets are canceled. As soon as we are notified, we will let you know.

Please monitor your child's sleeping, eating, and injuries. If you see a limp or a grimace, please address it!!

Grades are very important. One child out on a relay team can be devastating to the group. Please make sure that they are keeping up with their grades. If there is a problem address it before it gets to the point that it will keep them out for a week. The teachers do not want them to sit! They want to help!

A uniform and a sweatshirt will be handed out to each child. They must turn both in at the end of the season. **Additionally, each athlete will need a white undershirt and black leggings for cold weather.**

Our goal is to have fun and get as many kids to State as possible. The only way to do this is for kids to come to practice, to eat well, sleep well, study hard, and to buy into the training we do at practice. Please help us to help your child be the best they can be. We want to help these young athletes reach their potential, and have fun doing it! LET'S DO THIS!! GO COUGARS!!