2020 EAGLE TRACK & FIELD

Boys and Girls
COACHING STAFF

Head Coach
Sean Zeitler '01
Sprinters
Relays
Coaching SM
Since 2007

Hurdles & Mid-Distance
Dave Zeitler
Coaching at SM
Since 1989
- 36 Years of Coaching
30 Individual CIF Champions
COACHING STAFF (CONTINUED)

Luke Newman
Pole Vault

Brittany Adame ’06
Distance

Mike Powers ’03
Distance
COACHING STAFF (CONTINUED)

Long/Triple Jump
Kristyne (Hanberg) Mitchell

Shot & Discus
Preston Walrath

Shot & Discus
Hollie Schillig
High Jump

Albert Miranda

Assistant Sprint Coach

Jimmy Martin '09
EAGLE TRACK & FIELD
MISSION STATEMENT

The mission of the Eagle Track & Field program is to take a collective group individuals and teach them how to become a team. Eagle track and field athletes will all be held to the same standards and expected to uphold the Catholic-Christian values of the school and the program. Our goal is to teach these young men and women the value of hard work, patience, sacrifice, and teamwork, all of which will be used well beyond high school.
CORE VALUES

EFFORT
A vigorous or determined attempt

INTEGRITY
The quality of being honest and having strong moral principles

ACCOUNTABILITY
The fact or condition of being accountable; responsibility
HOW TO SIGN UP

Athletic Clearance:

https://www.athleticclearance.com/login.php

Physical Form:

2020 KEY DATES

• December 26 – Online Shop Closes. Meet & Practice uniforms.
• January 6 – Preseason begins officially
• January 7/8 & 14/15 – Girls Sprint Tryouts
• January 13 – Golf Tournament Meeting 6:00pm | Science Lecture Hall
• January 21 – 1st Official Practice at the track. Meet 15 minutes after final bell
• January 31 – Invoiced for *Participation Fee ($950)
• February 21 – *Participation Fee ($950) collected online through F.A.C.T.S
• February 21 – Friday, Team Picture Day
• February 22 – Eagle Invite (Top 3 Var, JV, and FS for boys and girls). Those not competing are required to work the meet.
• February 26 – Trabuco Hills Dual Meet (Away). First meet for everyone
• March 16 – Golf Tournament
• March 23 – Spring Recess, Monday. Race Mater Dei that Thursday
• April 10-19 - Easter Break, OC Champs Saturday April 18
• April 24 – League Prelims (Home)
• May 1 – League Finals (Home)
• May 2 – Team Awards Picnic

* Families with siblings on the team, pay full for one student ($950), half for the second ($475)
SPRING RECESS & EASTER BREAK

• This year we have a **Spring Recess (Monday, March 23)**. We host Mater Dei on that Thursday March 26. In order to compete, you need to be at that Monday practice.

• **Easter Break April 10-19**. Top varsity athletes have Arcadia Invitational that Friday and Saturday. The following Saturday is OC Champs. In order to compete, athletes need to attend at least two practice days that week, one of which must be Mon or Wed.
  - **Coachella April 10-12 & 17-19**

• We host League Prelims and Finals this year (April 24 and May 1). In order to receive full credit for track and field, your son/daughter need to be at both of these meets to work it if you do not qualify. Those that qualify and compete will receive their full credit.
  - **Stagecoach is April 25 and 26**
INVITATIONALS VS. DUAL MEETS
(SEE MEET SCHEDULE IN HANDOUT)

• **Dual Meets** - Everyone is permitted to compete.

• **Invitationals (Friday’s or Saturday’s)** - Top 2-3 Var and FS athletes per event.

**Dual Meet Entries**

• **100-meters** – Unlimited Entries

• **Lane Races** (200, 400, 100 & 300H) – Top 4 per level (Home), Top 3 per level (Away)

• **Distance & Field Events** (800-3200m, All Field) – Unlimited Entries

*Lower level athletes sign up Monday and Tuesday for the events they want to compete in. If they don’t sign up by the end of practice Tuesday, they do not compete. Allowed 4 events per meet. Athletes that miss the Monday practice do not compete in the upcoming meet.*
TRAVEL TO MEETS

• **Home Dual Meets** - All athletes are required to stay from beginning to end of the dual meets to support the team. Attendance will be taken at the beginning and end of the meet. Home Meets. 3:15-6:30. Away meets sometimes longer.

• **Away Dual Meets** – Thursday February 26 (Trabuco), Thursday March 12 (JSerra), Thursday April 1 (Servite), Thursday April 8 (Bosco, boys only); 2-3 busses will take athletes to meet, 1 bus will return. You are encouraged to take your son/daughter home from the dual meets. Athletes can only go home with their own parents, not other parents. Attendance will be taken at the end of the meet.

• **Invitationals** – Athletes are responsible for getting themselves to and from invitationals. They are permitted to leave after their final event, but must check out with head coach or field event coach.
WHAT DO I NEED TO BUY?
GIRLS MEET UNIFORM

• All Girls Purchase a Jersey and Short (Online Shop). JV will use the same uniform as last year and will be the same next. Thought there? Buy once, use multiple years. When our varsity team is determined, they will be issued an additional jersey which will be returned at the end of the season.

• One Top, and either a tight or short.

Meet Uniform Cost

• **Jersey Top**: $32.50
• **Short or Tight**: $29 or $30
GIRLS JV UNIFORM
BOYS MEET UNIFORMS

• All boys are issued their meet jersey top. You purchase the shorts (You Keep). When varsity is determined, they will be issued an additional jersey which will be returned at the end of the season. All jersey tops are returned for boys. Meet shorts from last year can be used this year. Short ($22.50), Tight ($29.50)
PRACTICE GEAR

- Our 2020 Gear will be available tomorrow. It is mandatory that athletes are in Eagle Track & Field Gear at every practice and competition. IT CAN BE FROM ANY YEAR. If you have practice gear from years past, YOU DO NOT NEED TO BUY ANYTHING NEW.

- Shop Link on our Team Website
- Orders Close Thursday Dec. 26
- Product will ship to home and arrive

3-4 weeks after orders close
ONLINE SHOP

• Boys: OUR SHOP DETAILS
  • - Shop Now: https://www.bsnteamsports.com/shop/smbtrk20
  • - Store Open From: December 12 - December 26, 2019
• Access Code smbtrk20
ONLINE SHOP (CONTINUED)

• Girls Shop: OUR SHOP DETAILS
• - Shop Now:
  https://www.bsnteamsports.com/shop/
  smgtrk20
• - Store Open From: December 12 -
  December 26, 2019
• Access Code
  smgtrk20
ATTENDANCE POLICY

• Each student-athlete will be permitted a total of 11 absences/tardies during the season. These absence/tardies include but are not limited to: sick days, medical appointments, afternoon detentions, leaving practice or dual meets early, work projects, vacations, missing any scheduled practice (school day or not), family gatherings, retreats or any other reason you can think of. There is no difference between an excused absence and an unexcused tardy. Each athlete is allowed to miss attendance 11 times. The 12th miss will result in dismissal from the team. If an athlete is dismissed from the team, he/she forfeits their P.E. credit. No refunds will be given if an athlete is dismissed from the team.

• 55 Official Team Practices to the final Dual Meet April 8 (Bosco), 51 for girls until their final dual meet (Rosary April. 2). Missing 11 practices equates to 20% of the entire season missed (21.5% for girls). Very rare this occurs, but consider the workload before making the commitment to the program.
GIRLS SOCCER/VOLLEYBALL
(CLUB/ACADEMY)

- We pride ourselves in being flexible with girls soccer/volleyball schedules, all I ask is to communicate club games/tournaments that can’t be missed (Showcase, April 19, Vegas), so I can plan accordingly and give that spot to another athlete(s). We love multi-sport athletes at SMCHS.
COMMUNICATION
TWITTER & FACEBOOK - @SMCHSTRACK
TEAMSNAP

Social Media is not only a way to “relay” important information, but also gives exposure and recognition to prospective college and universities.
WAYS TO GET INVOLVED

• **Snack Bar** – Mrs. Wetmore | Food/Drink Donations, snack bar work shifts, etc. Eagle Invite 2/22, Olu 3/19, MD 3/26, Prelims/Finals 4/24 and 5/1

• **Golf Tourmant** – Need help with a hole of fun; Ball Drop – Each student-athlete will sell 10 balls for the ball drop.
  
  • 2018 Funds (Boys only) - New shot put arena. Raised $11,000 ($9,832.00);
  • 2019 Funds (Boys and Girls) - Monument addition. Raised $22,339
  • 2020 Funds (Boys and Girls) - TBA
GOAL OF THE SEASON

• We want the kids to learn the value of hard work, sacrifice, discipline and dedication.
• My hope is that each student-athlete ends their season having gained a new found respect for the sport, and appreciation for all of their hard work.
• Gain a new family in their team and develop a shared bond over the course of the season.
• End the season with a positive experience and to look forward to the next season.
QUESTIONS?