



Track and Field 2017

WELCOME!

Welcome to the 2017 Monument Academy Track and Field Team! We're hoping to build on our success from last year, when we had the biggest team ever in MA history!

Coaches

Tom Eller is returning as Head Coach, as well as Assistant Coach Jason Castro. Additional coaching staff is still TBD as of mid-January...

Goals

The main goal of the season is to allow each athlete to build on their abilities in their selected track and field events, and perhaps even have some fun by trying new events. We had a couple of records last year by individuals who probably never thought they would excel outside their "favorite" events.

Schedule [tentative] (*see separate Calendar document*)

The Central Colorado Athletic League (CCAL, who we are members of) has a couple of "mini-seasons" for other sports, and does not officially start Track and Field until Monday March 20th. **However**, the Colorado High School Athletic Association (CHSAA), whose rules we usually go by, has the allowable start date as Monday February 27th. So, we will begin having optional practice on Monday 2/27, with formal first day of practice on Monday 3/20. Nothing is really set yet, so stay tuned on the schedule...

Shoe Weekend

We will update status on any "Shoe Night" events and ongoing discounts at Colorado Running Company and Boulder Running Company, who usually give 10-15% discounts to Middle and High School athletes in the area - stay tuned...

Practice

We're trying to find some alternate practice locations, to get us off of the pavement we run on when practicing at MA. We've had enough shin splints and knee problems over the years to convince us to find some other locations to help out in that regard. We have a pretty good relationship with Palmer Ridge now (since most of our athletes go there after MA), so we will be having some practice days on their track when we can arrange it. This really helps a lot for the field events.

We also may still try the Santa Fe Trail on occasion, just to get out of traffic and on a friendlier running surface. In the event that we do use the trail, we will try to post a tentative practice schedule at least a week in advance to allow for carpool/logistics planning. We may have some voluntary practices on Saturdays at one of the local high schools if we can't get on a track during the week.

We will have practice on Fridays, even though MA only has half-day classes. We did this for Cross Country, and it worked out well, and the coaches pretty much agree that it works out much better condition-wise than always having a 3-day weekend. It will likely be a combination of after school at MA, or later at Santa Fe Trail, and Palmer Ridge track. Normal practice times are 3:30-5:00pm.

Carpool

Carpool coordination is critical to a successful Track and Field season. Since MA does not have any bus services from District 38, all transportation of athletes for practice and meets is through parental carpool. We will send out a separate document on the online carpool coordination web site we have used for a couple of seasons now in Track and Cross Country.

Parents will be expected to pick up their athlete(s) at the end of practice every day. Please try to be on time for pickup, as the coach(es) cannot leave the athletes unattended, so must remain with the athletes until the last one is picked up. Also, please let one of the coaches know of non-parental or ride-sharing arrangements.

Last, but most importantly – **we will need help with carpools to all of the meets**. In order to do this, the parent(s) must fill out the **DRIVER FORM** on the last page of the **Sports Form Packet**, available on the Monument Academy web site. Make sure the Number of Passengers reflects the number of seats available including your athlete(s), but not including seats taken by siblings that may also be riding in the carpool vehicle. Let's not have a repeat of past years where we came within minutes of leaving athletes behind going to a meet due to shortage of carpool seats!

Yearbook

We will continue the tradition of the Track and Field Yearbook. In keeping with our goal of promoting individual improvement and achievement, it is mostly Athlete/MA-centric; recording as best we can our athletes' performances and experience over the season and their track and field "career" at MA. Since it is usually pretty hectic at meets just to make sure everyone is ready and gets to their events on time, we rely heavily on parents who come to the meets to provide photos for the Yearbook. This has gotten better every year, especially with the advent of high-quality cameras in just about any cell phone these days. Your help is greatly appreciated!

Looking forward to a great Track and Field season!

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