

EISENHOWER TIGERS

TRACK & FIELD

~Dreams don't work unless YOU DO~

2017 Coaching Staff	
Stephanie Bush	Head Coach- Hurdles, Sprints, 4x100, 4x400
Steve Blue	High Jump, Long Jump, Triple Jump
Enrique Espinoza	Javelin, Shot, Discus
Travis Ford	Pole Vault
Kristin Salazar	Javelin, Shot, Discus
Shelby Zoglman	Distance- 800, 1600, 3200, 4x800

Welcome to season 6 of the Eisenhower High School Track and Field Team. The coaching staff is very excited and committed to the success of this team. We are aware of the sacrifices that you are making by becoming a member of the **TIGER TRACK TEAM**, and we promise to do everything possible to make you the best track student/athlete that we can. Here are a few things to keep in mind as the season begins:

1. Practice begins Monday February 27th. Practice will begin at 3:05. We will practice every day during the week. If the weather is bad, we will practice inside. Watch the weather reports!! **ALWAYS HAVE EXTRA SWEATS AND WARM CLOTHES. THE WEATHER CAN CHANGE QUICKLY.**
2. You must have the following forms turned in **BEFORE** you can practice! You can get these forms from the front office. If you've already been out for a sport this school year, these forms should already be on file in the office. Please give these forms to any one of the coaches, and we will turn them into the office. You have plenty of time to get a physical before the first practice. If you fail to do so, it will count as an unexcused practice. 2 unexcused practices will result in dismissal from the team.
 - A. Physical Form
 - B. Activities Policy
 - C. Insurance Form
 - D. Conflict of Activities
 - E. Concussion Form

3. If you are going to miss a practice due to illness, **YOU MUST** contact a coach before practice starts via phone or email. If you're at school, you're at practice.
4. **PRACTICE IS MANDATORY EVERY DAY.** Sweat pants are **MANDATORY** to warm up in everyday!! (75 degrees is the magic number) Plan to be here until 5:00-5:30 every day. Plain and simple, if you are missing practices, you will not be attending meets and you will not be on the team. If you need to make up a test or get help on an assignment, you need to go in before school or use night library. Leaving practice early is not allowed and will not be tolerated.
5. **KEEP YOUR GRADES UP!!!** Your education is more important than track and field. If you are doing poorly in 6th or 7th hour, you will not be excused early to attend meets. If you do not travel with the team, you will not compete. The reason you are here is to get a good education. If you do not take your education seriously, there is no way that you can be a positive member of the 2017 EISENHOWER TRACK TEAM!! For a great majority of the EHS Track Team this is not a problem, **KEEP UP THE GOOD WORK.** For those of you who struggle with grades, get help. The coaching staff would be more than willing to help you any way possible.

IMPORTANT DATES:

- Monday, February 27th - PRACTICE BEGINS
- March 20th – 24th Spring Break - WE WILL PRACTICE (Days TBA)
- Monday March 13th Pictures
- Tuesday March 14th - Spring Fling (Sports Intros)
- Tuesday March 28th - EISENHOWER INVITATIONAL - Unlimited entries

***~GOOD THINGS HAPPEN TO THOSE WHO
WORK HARD EVERYDAY~***