

Parent Meeting

Thursday March 14, 2019 OHS Media Center 6:30 - 7:30



Expectations:

Be responsible for yourself and your actions.

Have a positive attitude.

Maintain good communication with the coaches and teammates.



Priorities: Home, School, Track

Expectation of athletes:

- Runners will be good representatives of Oxford High School
- Runners will be the best students that they can be on and off the field of play
- Runners will be good sports
- Runners will give their best effort to the team
- Attend all Practices and Team related activities



Priorities

In Order: Home School Track

Absence forms will always be as an online submission this ties directly to our daily attendance report.



Practice Schedule: 3:15- 5:30, Monday through Friday Runners may be invited to run on Sundays (optional) at the track

What is an unexcused absence?

When an athlete misses practice without permission from the Head Coach. You must give a minimum of 24 hour's notice for an absence to be excused.

Work, outside school commitments, etc... are not reasons to be absent from practice.

Absence forms will always be as an online submission this ties directly to our daily attendance report.

Practices:

All athletes are **expected** to be at all scheduled practices.

All athletes are **expected** to have proper equipment for all practices Including shorts, shirt, proper shoes, sweatpants, individual water bottle, etc... All athletes are expected to complete each workout to the best of their ability.



Meets:

- Must be at practice the day before a meet.
- Participation in meets will be dependent on practice attendance, attitude, and work ethic.
- All athletes must stay to the conclusion of meet unless authorized by Head Coach or Assistant Head Coach (Sudz) - Be proud to be a Wildcat.
- All athletes must wear Oxford Track & Field issued/ purchased equipment when competing at a meet.



Coach must be notified via online absent submission form if missing practice. *

- *Form found on www.oxfordtrack.com
- > forms & Information

Excused absences from practices:

- Family emergency
- Funerals
- College Visits
- Some School Function- academic field trips

Unexcused absences from practices: make practice a priority.



Starting line-ups:

The starting line up for each dual meet or invitational will be decided by the coaching staff prior to the event, or in some cases during the event.

The coaching staff's decision will be based upon attitude, academics, athleticism, dedication, previous performance and other reasons in the best interest of the overall program.



Away trips:

Students will ride the bus to all races.

Students may ride home from the meets with their parents (please inform the coaches!) and sign the sign out sheet.

During the season there may be meets that require the athletes to miss all or most of the school day. On these occasions the student-athlete is expected to make up any work missed.

Unexcused absences from meets are unacceptable. This may result in dismissal from the team.



Track and Field Spirit Wear

Online Sales - No Local Store

www.oxfordtrack.com

Remains Open
Please allow 6-12 days for production,
then shipping.



Most Up To Date Schedule:

Always Check

www.oxfordtrack.com

www.athletic.net

Don't trust a preprinted paper copy.



OXFORD TRACK NEEDS YOUR HELP!!

On Saturday April 27th we will be hosting the Elmer Ball Track and Field Invitational at the Oxford High School Track. This is our 57th straight year and it is one of the premier meets in Oakland County.

We will also be hosting the OAA Red and White Division Championship Meet on Thursday May 9th.

This is an "all hands on deck" situation...we need all of the help we can get!!! There will be volunteer opportunities for people of all ages. Even if you can only help for a few hours, we can use you. We would love to have your support for this great event! We look forward to seeing you there!



OXFORD TRACK NEEDS YOUR HELP!! www.oxfordtrack.com



Field Events - 14 workers

Concessions - Rotation of 8 - So you can watch your athletes

Parent volunteers to provide food for athletes, visiting coaches hospitality room and workers for Oxford Invite

Use the helper sign up link to volunteer.





EVENT LIST

3200m Relay 110m-100m Hurdles 100m Dash 4x200m Relay 1600m Run 4x100 Relay 400m dash 300 Low Hurdles 800m Run 200m Dash 3200m Run

Field Events

1600m Relay

Shot & Disc High Jump Long Jump Pole Vault



2019 (odd year, girls run first)



Matt Johnson cell 248 840-7446 desk 248 969-5022

Mike Sudrovech cell 248 515-4088 please text www.oxfordtrack.com/connect

> Remind text 81010 to @oxtrack

or



Remind text 81010 to @oxtrack

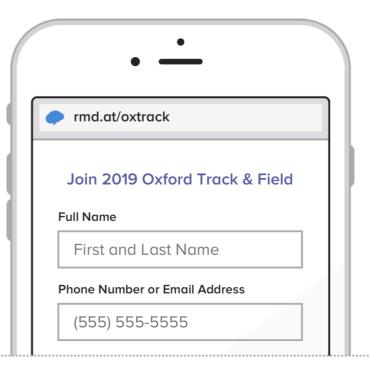
Pick a way to receive messages for 2019 Oxford Track & Field:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/oxtrack

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @oxtrack to the number 81010.

If you're having trouble with 81010, try texting @oxtrack to (248) 655-7634.

* Standard text message rates apply.



Matt Johnson cell 248 840-7446 desk 248 969-5022



Photography

March 25 May

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Monday Evenings 6:30 - 8:00

\$100 payable to Oxford Track & Field Proceeds go to Oxford Track & Field Program

Oxford High School - Rm. 400 Limited to 30 spots - Sign Up Via Email matt.johnson@oxfordschools.org

Six week photography workshop that will teach the basics of your digital SRL camera. In our six week course we will cover: Aperture, Shutter, Understanding ISO, Composition, Rule of Thirds, Bracketing, beginning Zone System and preliminary Photoshop.

Instructors: Matt Johnson. Dorthy Johnston, Don Johnston

