



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



SignUpGenius®

Timers

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.



SignUpGenius®



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
1600m Relay

Field Events

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 Sudrovec
cell 248 515-4088
please text

or

www.oxfordtrack.com/connect

AND

Remind

text 81010
to @oxtrack



**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.

The illustration shows a smartphone screen with the following elements:

- Address bar: rmd.at/oxtrack
- Section header: **Join 2019 Oxford Track & Field**
- Form field: Full Name (with placeholder text "First and Last Name")
- Form field: Phone Number or Email Address (with placeholder text "(555) 555-5555")

- 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.

The illustration shows a smartphone screen with a text message interface:

- To: **81010**
- Message: [@oxtrack](#)

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

or www.oxfordtrack.com/connect



Photography Workshop

~~March 25 - May 6~~
~~(due to Spring Break no class 4/1)~~

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

JOHNSTON
PHOTOGRAPHY
downtown oxford

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