

Introductions: Coaches Neal, Corbett, Prince, LeGrand, Certified Athletic Trainer Lauren Brown

Handouts: schedule, season calendar, team info/standards.

Mission: Develop GREAT character, competence, and competitiveness; host GREAT events, create a Season of Significance

*2020 Season Overview in one minute; MS teams best ever. HS missed opportunities/exposure.*

**Covid info: spread out** (practice, bus, meets), face coverings when <6ft, quarantine protocol.

**Bring your own water bottle! If sick/ill/not feeling well - stay home (and communicate)!**

I will send out any covid protocol for that upcoming meet if/when I get it:

HOWEVER, EVERY MEET's PROTOCOL WILL INCLUDE SPREADING OUT

Please do not come into the team tent! Please bring an umbrella if necessary. Parents, PLEASE wear your face covering ANYtime around other kids (yes, even outside)

**Transportation:** You are welcome to take your child to/from each meet (we just need to know!).

We also need to know if your child will be picked up or dropped off at either Belk (only when going toward Athens) or Toccoa By-Pass BP Gas Station (only when going south toward Atlanta).

Pick up after meets is at the HS! (NOT the MS)

Practice pick up locations: field house (highly congested!) tennis courts (congested), or HS parking lot.

**TFS T&F Philosophy** – Fun, Create/Invest/Own, work SMART, Do GREAT. SoS

Safety, hydration, recovery techniques handout

**Responsibility** (school issued items, **communicate**, team roles, etc)

<https://www.youtube.com/watch?v=RGa5qGj48C4> PLEASE let your child struggle; they will get stronger!

Some of your children will go on to compete in college...most will simply contribute & enjoy, BUT we want them to be **necessary not just welcome!**

Communication:

Please help by having your child communicate all items with me first (conflicts, missing practice, etc.).

Sunday night "This Week in T&F" letter

To me: text or call me 706-968-9879 cell if you need me and it is timely (call if it is between 2:45-6:00). Email if you want me to remember it.

We have an instagram account for T&F! **Tfstrackandfield** please send any dandy T&F photos to [rachel.legrand@tallulahfalls.org](mailto:rachel.legrand@tallulahfalls.org)

Health & Safety: We do NOT want athletes competing injured (sore is different). Our statement will be "Just do your best for today. Do NOT practice injured. Do what you CAN. We have LOTS of options for practice, including working with Lauren Brown, out Certified Athletic Trainer.

**Ferritin Iron:** Our team doctor, Dr. Stuart Sanders allows us to send athletes to test for \$10. We do this about 4 times per year and will try to set one up in the next week or so. This is THE most important initiative I've ever done in my 37 years of coaching.

Need before Winter Break! Team package \$60 (s/s, l/s tees, crew sweatshirt)

Do you want any of the items?. \$60 for the package (s/s = \$20, l/s = \$25, crew = \$30 if purchased separately) -

This is our only "fundraiser). If you want one, send your size to Coach LeGrand (MS) or Coach Prince (HS)

Optional **Toboggans \$20 Green "Boat" Hats \$25**

Need HS Team Parent Coordinator - work with Coach Prince

Need MS Team Parent Coordinator - work with Coach LeGrand

NEEDS: Volunteers for...

- 1) PowerAde Fridays and for meets (please no red - it stains). MS apx 30 kids, HS apx 45
- 2) Snacks - Kind, Cliff, Lara, Others that lean toward healthier nutrients and less added sugar
  - Buy once, weekly, AYC or donate for the cause
  - Drop off at MS or HS w/ MS or HS T&F sign on it

3) **Help at meets:**

**MS meets – raking, timing, measuring, implement retrieval, pictures**

**HS meets - raking, measuring, pictures**

Team info and standards are on our web site. We do NOT revise the schedule on the web site!

Sunday night weekly emails from me. New parents, you have questions...PLEASE ask!

Uniform, apparel worn under should be **black**, when we wear sweats (and take them off),

Wear sweats DAILY to practice (no matter the weather); cold days bring extras!

Shoes – which shoes should your child have? Big Peach Running Company, eastbay.com, final-score.com, anacondasports.com, vsathletics.com, dickpondathletics.com, or firsttothefinish.com or local stores (Dahlonega, Gainesville,, mall, etc). The web stores often have discounts. We can also order specialty shoes (throwing shoes, PV, TJ, etc) through Shuma Sports (just let me know)

Important dates:

**TUE Feb 16 HS Intrasquad informal meet at TFS. Service Day 4-6, Eat, Intrasquad 6:30-8:00 under the lights!**

Friday, March 5 INDIVIDUAL AND TEAM PICS taken by Crump Photography

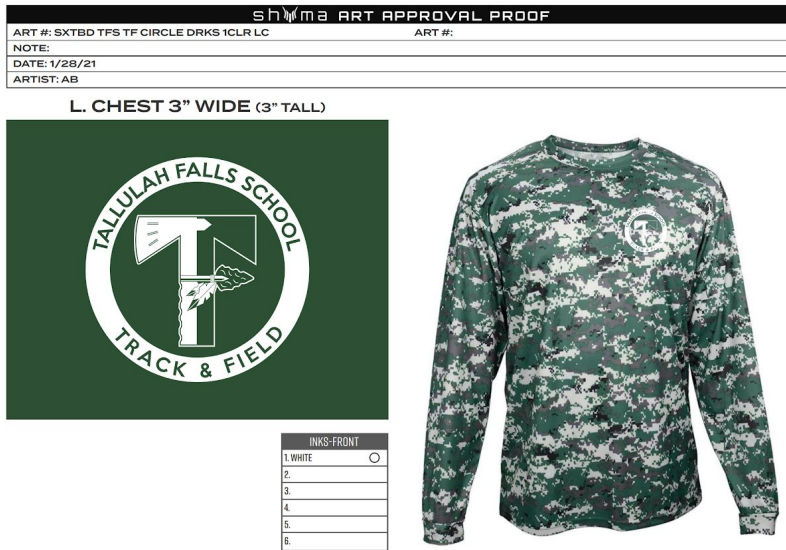
**Questions, questions, questions.... How can I help in communication and efficiency?**

Total Package = \$60 if bought together (\$15 savings)

Graphite s/s -\$20



Forest digi l/s tee - \$25



Crew forest sweatshirt screened - \$30