



Freedom High School Track & Field

Parent Meeting & Information



Coaching Staff

- Glenn Briggs, Head Coach
- Elisa Onstott, Distance Coach
- Jacob Neel, Distance Coach
- Charlotte Sneed, Sprints & Jumps Coach
- Cris Houston, Sprints & Jumps Coach
- Harry Dickens, Pole Vault Coach
- Janice Chrobak, Throws Coach



Freedom High School Track & Field ONLINE

Keep up w/ Practices Schedules, Workouts, Track Meet Info & Travel Details, Meet Results and more....

Freedom Track School Site

Freedom High School's Website ---

<http://libertyunion.schoolwires.net/freedom>

Tab Athletic - Track CoEd

REMIND --- Text INFO To receive text updates
To Signup --- Text

To: 81010 Message: @6f42e

Facebook

FHS Falcon Track

Follow on Twitter

@FHSFalconTrack

athletic.net

ATHLETIC.NET ...

Individual & Team Records, personal best
and meet results.



Student athletes are expected to:

- 1. Demonstrate respectful behavior and proper conduct at all times, including on campus, at practice and track meets, and around the community.**
- 2. Complete their homework and keep up their academics –**
- 3. Prepare and practice for competitions and keep a workout journal.**
 - **Show up to practice w/ Track Shoes BOTH training flats and Spikes, Track workout clothing which includes Sweat TOP & BOTTOMS, Water Bottle, Training Log, Event equipment/tools.**
 - **Practice should be w/ the team daily.**
- 4. Attend and complete in ALL BVAL League Track Meets and others that athlete commits to participate and is entered.**
- 5. Attend ALL HOME Track meets from start to finish to help set-up & clean-up. [Exceptions must be approved by Coach Briggs.]**

TRACK is an INDIVIDUAL AND TEAM SPORT. If you take care of business academically, are a good citizen, communicate with the coaches when you can't make practice, and follow the above expectations; you are on the TEAM and will run in DUAL MEETS and the LEAGUE MEET.

If train hard and SMART you will improve your times and marks and you have the opportunity to compete at the invitational; Big invitational meets limit the number of entries by school and/or qualifying marks. I use performance marks and practice commitment to decide who will be entered in BIG MEETS.



Practice & Competition Schedule & Equipment -

Practice Schedule

Daily - 3:30 pm - ** 5:30 pm

**** Practice Ends between 5:00 pm and 5:30 pm
depending on event group.**

Dual League Meet

Schedule for Wednesday.....

Wednesdays 3:30 pm - **6:30 pm

**** Dual meets Ends between 6:00 pm and 7:00 pm.**

Invites, Relays Meets, & League Championship

Scheduled for Fridays & Saturdays

**** Starts between 8:30 am & 10:00 am and finishes
between 4:00-6:00 pm. Occasionally later**

Bring the following to Practice & Meets

1. Running shoes Flats or Training shoes
2. Spikes Shoes for your event -
3. Running clothes Uniform on Meet Days
4. **Sweat top & Bottom**
5. **Filled Water bottle**
6. Snacks & Lunches, Foods

Athletes Responsible for Equipment for Meets & Practices:

- Shot Puts
- Discus
- Tape Measures
- Pole Vaults Poles
- Relay Batons
- **SET & TAKE DOWN of EQUIPMENT**

***Parents are encourage to organize
Healthy Food and Snack for ALL DAY
MEETS.***

***Fruits, Vegetables, bagels, muffins,
sports drinks, water, etc.***



Uniform and Warm-ups

Uniform Tops- Check out

Uniform Bottoms ... *Athletes are encourage to buy their own SOLID NAVY BLUE or BLACK UNIFORM BOTTOMS.*

Ladies

- *SPANDEX 3" inseam minimum please.*
- *Any thing that you compete in the goes below the knee must be solid color.*

BSN Sportsware

Working to set up a store to purchase 9" Compression short for men & 5" compression short for women.

Watch the weekly email for more information.

FANCLOTH.....

THIS ALLOWS ATHLETES, FAMILY & FRIEND TO PURCHASE FREEDOM TRACK APPEAR.



Transportation

Dual Meets & League Champions Trials

Travel by BUS - We shuttle 2 bus loads to the meet.

PICKING UP AT DUAL MEETS-

Parents come watch dual meet competition & drive your athlete home when the meet is over.

Athlete's must check out with a coach.

Students are only allowed to go w/ a parent or a school district cleared adult driver.

Students **MAY NOT LEAVE WITH A FRIENDS PARENT** unless parent is on district list.

Invitationals, Relays Meets, & League Championship

Most Invitational Meets will be private car driven by adult parent Drivers.

Eddie Hart @ Pittsburg & on Saturday of the BVAL Championship

Athletes will meet at meet location.

Athletes may NOT drive themselves or another athletes !!!!!

Parents must complete the District Form authorizing athlete to ride with qualified adult parent drivers.

If your willing to drive athletes, please complete the District's Parent Driver form so you are allowed to drive other athletes.



Fundraising

Email through eTeamSponsors

Athletes send an email to family and friends, doctors, dentist, etc. asking for sponsorships of any amount from \$5.00 to \$100.00+.


Steps 1 - Parents and athletes complete the eTeamSponsor.com participants list of family, friend, and potentials donors.

Step 2 – Athletes follow the instruction on the bottom of the page. At the team kick-off, the instruction will be review and athletes can enter emails at that time.

Step 3 – Attend the Team kick-off and participate in the team video.









- While supplies last, athletes that complete their eTeamsponsor.com emails will receive a DRI-Wicking Track T-shirt and a Freedom Track backpack for FREE.
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Please COMPLETE this sheet and turn in by the Due Date above.

Identify 20 Supporters and their relationship to you, who you want to receive your personal Email  Campaign.

#	SUPPORTER FIRST &	SUPPORTER EMAIL ADDRESS	RELATIONSHIP
Ex.	John Smith	johnsmith08@yahoo.com	Uncle
1			Grandma
2			Grandpa
3			Aunt
4			Uncle
5			Mom
6			Dad
7			Previous Coach
8			Previous Coach
9			Extended Family
10			Extended Family
11			Extended Family
12			Extended Family
13			Extended Family
14			Extended Family
15			Extended Family
16			Doctor
17			Dentist/Orthodontist
18			Accountant
19			Financial Advisor
20-			Insurance Agent

NEXT it's time to spread the word at our Campaign Launch Meeting

MOBILE APP INSTRUCTIONS	...or...	COMPUTER INSTRUCTIONS
<p>1. Download the free TeamFunder App</p> <p>2. Click on 'sign up'</p> <p style="text-align: center;">Our CID#: <input style="width: 100px; height: 20px;" type="text"/></p> <p>3. Enter your full name, email and create a password, Click 'Join Campaign'</p> <p> Text Campaign by selecting Family Members cell numbers from your contacts. Start with Parents, Grandparents, Aunts & Uncles. Send by clicking TEXT CONTACT(S)</p> <p> Share your Campaign on Facebook and Twitter! Say something positive about your program and campaign.</p> <p> Share your Campaign on Facebook and Twitter! Say something positive about your program and campaign.</p> <p> Create Contacts: Add your 20 Supporter Names & Email Addresses by using your list of supporters. (Phone Number is Not Required)</p>	...	<p>1. Go to app.eteamsponsor.com/ETS</p> <p>2. Enter your CID# on the right hand side</p> <p style="text-align: center;">Our CID#: <input style="width: 100px; height: 20px;" type="text"/></p> <p>3. Enter your full name, email and create a password, Click 'Submit Request' and 'Join Campaign'</p> <p> Text Yourself your Campaign Link to <i>your</i> phone. Then <i>forward</i> the Campaign Link to your Family Members, start with Parents, Grandparents, Aunts & Uncles. (<i>make sure your Cell # and Cell Provider are correct, or enter them</i>).</p> <p> Post Campaign on Facebook, Share on Twitter! Say something positive about your program and campaign.</p> <p> Post Campaign on Facebook, Share on Twitter! Say something positive about your program and campaign.</p> <p> Add your 20 Supporters by selecting the appropriate relationship type using the Carousel and also by using your list of supporters.</p>

ALL INFORMATION IS CONFIDENTIAL AND SECURE --- PERSONAL INFORMATION IS NEVER SOLD, SHARED OR DISTRIBUTED TO ANY THIRD PARTIES.

To view our Privacy Policy visit: <http://eteamsponsor.com/about/privacy-policy/>



Fundraising

Marsh Creek Invitational Sat - March 10

Middle School Championships Fri - May 4th

Parents and athletes are expected to assist with the events by working snack bars, controlling gate entries and exits, officiating [will train], timing and starting, We have a number of Events Sponsorship available. Contact Coach Briggs for Details if you company is interested.

Athletic Director's Golf Tournament Mon - June 11th

Track is looking for hole sponsors, foursomes and raffle prizes. If interested contact Coach Briggs; Dr. Steve Amaro, the Athletic Director [amaros@luhsd.net]; or Martha Magner, the principle secretary at 625-5900 x3002.

Brentwood Turkey Trot for Schools November Thanksgiving Day

Stay tune for more details in being a sponsor, participate or Volunteer.

Snack Bars at Track Meets

Become a member and participate of the Booster Club. Assist w/ snack bars at Track Meets, especially the USATF Youth meet, Marsh Creek, & Delta Middle School Invitational.



HELP NEEDED FOR TRACK MEETS

Parents please come get trained to help at track meets.

Officials Training at Team Scrimmage

Sat Feb 24th

- You will get hands on experience during the Scrimmage.
- Even if you can't help then you can still learn during dual meets**

Timing & Computer System Training

Thurs Mar 1st @ 6:30 pm FHS in H108

Parents please come get trained to help at track meets.

Get trained and work 3 track meets and receive a BVAL League Pass for the 2018-19 school year.



Parent Help Needed

PARENT HELP NEEDED

- Working Track Meets – Duals and Invitational, Officials at Events, Timers and Computer Techs, Snack Bar, Starter, Clerk, Data Entry, Hurdle Crew, and much more.
 - Team Photographer
 - Parent coordinator for SENIOR DAY, TRACK MEETS, ETC.
 - Driver to Invitational
 - Volunteer Coaches [Must clear by the w/ paper work and fingerprinting. See coach Briggs if interested.
 - TEAM WEBSITE
 - Coordinate Fundraising Several People.
 - JOIN THE ATHLETIC BOOSTERS CLUB and attend the meetings.
-

Weekly Emails

Subscribe Share ^ Past Issues Trans

Facebook 0 Twitter 0 Google +1 Short URL http://eepurl.com

**Track Parents Night -
Officials Training & Scrimmage**
*Please READ THE ENTIRE EMAIL SO
YOU DON'T MISS ANYTHING.*



Facebook Twitter FHS Track Website Athletic.net Freedom

Practice Schedule

***** Practice Ends between 5:00 pm and 5:30 pm depending on event group.***

Monday - No School - Practice Schedule as follows.

Distance 3:45 -5:30 pm

Sprinters 3:30 - 5:30 pm

Throwers - No Practice

Tuesday - 3:30 pm - ** 5:00 pm

Wednesday - 3:30 pm - ** 5:00 pm **Parent meet time changed 6:00pm*

Thursday - 3:30 pm - ** 5:00 pm

Friday - 3:30 pm - ** 5:00 pm

Saturday - Scrimmage 9:00 am - 1:30 pm

Scrimmage Set-up & warm-ups at 9:00 am and Events start at 10 am

Officials Training - 8:00 am PARENTS PLEASE COME

FIND YOUR #1 SHOE. SUPPORT YOUR TEAM.

HAVE FUN



Freedom High School

**Track & Field
Team Night**

**Thursday, February 13th
6:30-8:00pm**



Show up. Raise funds.
Have fun!



Challenge your teammates
& score free gear!



Gear up for your season
with shoes & more!

EARN \$500 OR MORE FOR YOUR TEAM!

Bring your friends & family!

- » Compare strides with your personalized running analysis
- » Get the right shoes & gear to power your season
- » Pizza Party! Fuel up on FREE Pizza with your teammates
- » Win AMAZING raffle prizes!



Road Runner Sports
1375 Diamond Blvd. Unit E-340
Concord, CA 94520
(925) 825-8917



Questions???