



Parent Meeting Agenda – Thursday Feb 13 - 6:00pm-6:45pm at School Library



[Join BAND group](#)

Welcome!

Intro to philosophy / coach staff

Communications

“BAND App” – reminders and notices via text (replaces “REMIND”)

[windsorhighrunning.com](http://windsorhighrunning.com)– links to schedules, volunteer sign ups, plans, meet entries, records, etc

Athletic.net, Redwoodempirerunning.com – for meet information and results

Season Schedule

Competitions – starting in March through May; Uniforms issued week of 2/24

Picture Day – Tues, Mar 5

Fundraising – **Schoolfundr** & Windsor Half Marathon/10k/5K, Sun May 4

End of Season Celebration – Thurs, May 15

Volunteers Needed!

Fundraising – see above

Car Pool Drivers to Meets

Meet Hosting (NBL Meets Wed 4/16, Wed 4/30 + help with MS meets)

TEAM STORE IS OPEN until 2/18 - <https://bsnteamssports.com/shop/MytEu6pUjH>

Questions?

# W WINDSOR TRACK & FIELD

## Introducing the Coaching Staff!



Michael  
Brooks

Jumps



Trevor  
Johnson

Throws



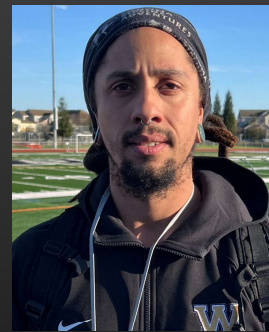
Herbie  
Polk IV

Sprints



Herbie  
Polk III

Sprints  
Hurdles  
Jumps



Jeremy  
Thompson

Sprints  
Hurdles  
Jumps



Max  
Sandwina

Co-Head Coach  
Sprints



Ruben  
DiRado

Co-Head Coach  
Distance



## Guiding Philosophy

**Purpose:** foster physical, intellectual, & emotional growth through the healthy challenges that sports provides.

### **Fun, Safe, Encouraging Learning Environment...**

Safety and Health– aware of risks, follow simple rules; injury avoidance / treatment

Respect - toward teammates, competition, coaches, volunteers, officials

Fun! – try new things in a consequence free environment, always with good humor!

Learning – sports skills and handling new, challenging situations (self awareness)

Open Communication - goes both ways, questions always welcomed

**NEW THIS YEAR:** Athlete/Parent/Coach Contract – *reference of expectations for team participation*

### **...and we are a Competitive Team**

We compete in North Bay League (NBL) of North Coast Section (NCS)

Top Value is **IMPROVEMENT**, no matter where you are starting from

Appropriate ramp up in skills, fitness, and competitive opportunities

Range of ability/experience from novice to intermediate to advanced

We compete BOTH as INDIVIDUALS and as a TEAM



## Important Dates!

**Competitions** – starting in March through May  
(see [windsorhighrunning.com](http://windsorhighrunning.com) for most up-to-date schedule)

**Uniforms Issued** – week of Feb 24

**Picture Day** – Tues, Mar 5

**Home Meets** - Wed April 16, Wed April 30

**Fundraising** – Windsor Half Marathon, May 4

**League Finals** – May 6 and 8 @ Ukiah; **Redwood Empire** – May 16&17 @ Fortuna

**End of Season Celebration** – Thurs, May 15



## Fundraising

Funds used primarily for **equipment, uniforms, meet entry fees, and this year some overnight lodging expenses**

**We have about 70 athletes, and need about \$7000 per season**

We have two major fundraising efforts:

- **Schoolfundr** (basically a GoFundMe model) – better than SnapRaise, extremely low transaction fee; will kick-off next week.
  - Or you can also make a **direct contribution** to T&F account if you would prefer to opt out of Schoolfunder participation.
- Staff a **volunteer crew** for Windsor Half Marathon / 10K / 5K on May 5 – fun way to connect with others while raising a meaningful proportion of our annual budget





Volunteers are Crucial to Our Success - **“Many Hands Make Light Work”!**

- Home Meet Hosting (NBL Meets 4/16 & 4/30) – easy and fun, close to the action - *requires a willingness to learn a simple job to help in future meets and to train future volunteers*
- Fundraising – May 5 Half Marathon Event
- Season End Celebration – awards and pizza party!
- Car-Pool Drivers to Meets

**SIGN UP HERE:**

**windsorhighrunning.com/volunteers**



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*Thanks for Listening....Questions?*