

Central Track & Field



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Coaching Staff

- **Sean Allan – Head Coach/Distance**
- **Casey Beck – Asst Head Coach/Sprints**
- **Joe Fenstermacher – Jumps**
- **Elyse Gulsvig – Hurdles**
- **Matt Fischer – Shot Put**
- **Tim Tandeski – Javelin**
- **Lee Baker – Discus**
- **Hunter Hegel – Pole Vault**
- **Betty Allan – Social Media**
- **Jacob Wright – Assistant Distance**

Communication



- **Group Me**

- Parents Only – GFC TF Parents
- Athletes/Parents – GFC Boys TF

- **Knightrunning.com**

- Weekly parents letters
- Athletes weekly practice schedule
- Meet schedule, departure times
- Track Athlete of the Meet, Field Athlete of the Meet, and Sportsmanship Athlete
- Records, links to online stores
- Blog – will have action pictures of each meet

- **Instagram**

- **KnightrunningGFC**
 - ✦ Meet highlights
 - ✦ Announcements

- **Email**

- sallano70@mygfschools.org

- **Cell phone**

- Sean Allan – 218-779-6541

Central Track & Field



- We will make athletes Faster and Stronger!
- **Multi – sport Athletes**
 - “The North Dakota guys we signed were all multi-sport athletes. All walk on players from ND are multi-sport athletes. These preferred walk on players were recruited because we like their competitive spirit, this is displayed when they compete year round in a number of different activities.”
 - **Bubba Schweigert** – UND Head Football Coach
 - **Jocelyne and Monique Lamoureux**
 - ✦ Both ran Cross Country for Grand Forks Central HS
 - **Tony Hrkac** – UND Hockey- Hobey Baker winner
 - 4:20 miler in high school

Philosophy



- Personal Records (PRs)
- Positivity, Resilience, Responsibility, Sportsmanship
- Goal Setting
- JV/Varsity Meets

20 CENTRAL 24
CENTRAL KNIGHTS
TRACK & FIELD

3/16 FIGHTING HAWK CLASSIC | 3/22 STATE INDOOR
3/23 GREAT NORTH REGIONAL OPEN | 3/28 SNOWBIRD INDOOR INVITE
4/6 EDC & JV INDOOR | 4/13 GFC/RR DUEL | 4/19 EAGLE RELAYS
4/20 BISON ELITE MEET | 4/26 SHANLEY INVITE | 4/27 THROW FEST
5/3-4 HOWARD WOOD RELAYS | 5/3 PACKER RELAYS
5/6 FARGO ROTARY | 5/10 TRUE TEAM | 5/11 JV EDC | 5/13 ZIMNEY LAST CHANCE
5/17 EDC CHAMPIONSHIPS | 5/23-25 ND STATE MEET

Practice



- **March/April**
 - UND FPAC 7 – 9 pm, days on knightrunning.com
 - Central HS 3:45 – 6pm

- **Cushman Field**
 - As soon as weather allows
 - 4 -6pm
 - 3:30 pm Bus leaving GFC, Return 5:45 pm

- **Throwers – RR**
 - 3:50 pm

Be on time or tell Coach Allan

Practice



- Shoes – spikes/training – Fund
- Clothes – outside
- Water Bottles
- Distance Runners – Watches
- 10 am Saturday – non-meet days – Distance, Throwers
- Injuries – Trainers – Altru

Meets



- Varsity – JV
 - Limits and most appropriate competition level
- Fee - \$80 or waiver form
- Rules
 - 2 unexcused practices – miss meet – coaches choice
 - Uniforms/Central clothing only
 - Travel with team – Home – Email abina200@mygfschools.org
- Snacks/Money to eat
- Lettering – 15 points/4 year senior
- Qualifying for State Meet

Misc



- **Online Store**

- **Closes March 21st midnight**
- **Jackets/Pants**
- **Warm up shirts**

- **Permanent Store – Year round**

- **Parents Group**

- **Snacks**
- **Pre-meet meals**

- **Leading Edge Fundraiser**

