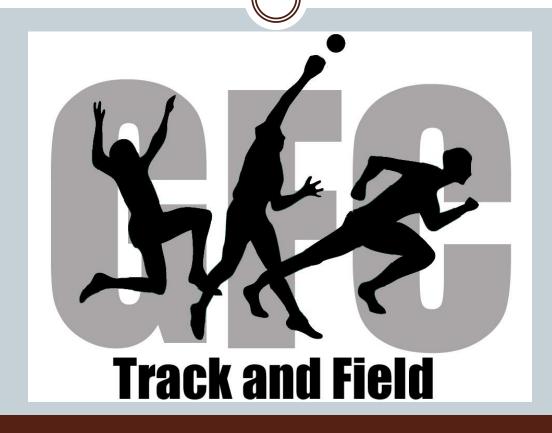
Central Track & Field



Central Track & Field

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



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
 - o 3:30 pm Bus leaving GFC, Return 5:45 pm
- Throwers RR
 - o 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 <u>abina200@mygfschools.org</u>
- 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







