



# Track & Field

---

Parent Meeting  
February 16, 2023

# Coaches Introduction

---



Head Boys Coach/Throws/Jumps: Amy Nelson - Email - [anelson2@dcsdk12.org](mailto:anelson2@dcsdk12.org)

Head Girls Coach/Sprints/Jumps: Valerie Gabaldo - Email - [vgabaldo@dcsdk12.org](mailto:vgabaldo@dcsdk12.org)

Distance: Greg Coplen

Distance: Rob Ferguson

Pole Vault: Tom Ellis

Sprints/Hurdles: Randy Mayes

Sprints: Ramona LaMaster

Throws: Luis Amescua/Lee Nelson

# Track & Field Start of Season Information

---



- Please check the [website](#) for all information. Best avenue to stay up to date, Major updates happen before noon on Monday's.
- Instagram page: chaparral.track
- Facebook: Chaparral Track and Field Parker, Colorado
- [Team Store](#)
- Need a parent volunteer to run point on yard signs.

# Track & Field Start of Season Information Cont'

---



- Transportation:
  - Varsity Athletes will be asked to carpool most meets due to bus driver shortage. However we will have buses to our Fort Collins meet.
  - JV: No buses will be available. We can NOT help with arranging carpools.
- Track Meet preparedness: BE PREPARED FOR ALL WEATHER!!!!!!

# Chaparral Invite

---



- Saturday March 25th at Echo Park
- JV athletes required to help that day
- Parents will be asked to sign up for a job at the meet. (sign-up link to come)

# Track & Field Policy

---



## ATTENDANCE

We expect athletes to be at practice everyday, dressed and on time. Our practices begin at **3:25** with a brief team meeting and ends approximately at **5:30**. If athletes are kept after school by a teacher, administrator or another school related activity you must bring a note *signed* by that teacher or administrator to be excused for being late. **You may not leave practice until dismissed by your coach.**

Adopted a no tolerance grade policy: Cannot have ANY F's and two D's equals an F.

[Guideline Link](#)

# Track & Field Team Fees

---



Where the money is going...

1. Coaches: (district only pays 3 coaches) The other coaches salaries will come from the track budget. This year we have 9 coaches.
2. Facility upgrades: We need to replace high jump and pole vaulting mats.
3. Equipment Needs (varies depending on year and events)
4. Fee/ Fundraiser Amounts: \$200 for individual; \$300 for family with multiple team athletes.
5. Text-a-thon on Friday 3/10 during practice.

# Track & Field Gear Opportunities

---



- Spike Night at RNK Running and Walking
  - Location: Stroh and Parker Rds
  - Date: Friday March 3rd
  - Time: 5:30-7:30 pm
- UCCS Track Spike Night
  - Date: Thursday, March 2nd
  - Time: 6-8 pm
  - Location: UCCS Mountain Lion Fieldhouse



# Track & Field Schedule

## 2023 CHS Track & Field Schedule

### VARSITY

#### DATE

Sat. March 11<sup>th</sup>

Sat. March 18<sup>th</sup>

Sat. March 25<sup>th</sup>

Sat. April 1<sup>st</sup>

Sat. April 8<sup>th</sup>

Fri/Sat. April 14<sup>th</sup>-15<sup>th</sup>

Sat. April 22<sup>nd</sup>

Sat. April 29<sup>th</sup>

Thurs/Sat May 4<sup>th</sup>-6<sup>th</sup>

Wed May 10<sup>th</sup>

Sat. May 13<sup>th</sup>

Thurs-Sat. May 18<sup>th</sup>-20<sup>th</sup>

#### MEET

League Relays

(Spring Break March 13-17)

Thunder Ridge Invitational

Chaparral Invite

Altitude Running Invite

David D'Evelyn Invitational

Pomona Invitational

Off Week

Stutler Bowl Twilight Invitational

League Championships

Pride of Parker

Last Chance Meet

State Championships

#### LOCATION

Echo Park Stadium

Echo Park Stadium

Echo Park Stadium

French Field, Ft. Collins

Jefferson County Stadium

Jefferson County Stadium

Stutler Bowl @ Cherry Creek High School

Echo Park Stadium

Echo Park Stadium

TBD

Jefferson County Stadium

### Sub Varsity

All Sub Varsity meets will start at 3:30pm

#### DATE

Thurs. March 9

Thurs. March 16

Thurs. March 23

Thurs. March 30

Thurs. April 6

Thurs. April 13

Thurs. April 20

Wed. April 26

Wed. May 3

#### LOCATION

Castle View High School

Spring Break (no meet)

Mountain Vista High School

Chaparral High School

Castle View High School

Chaparral High School

ThunderRidge High School

Fresh/Soph Championship @ Echo Park

JV Championship @ Heritage High School

