

Thurston Track and Field

2018 Thurston Athletes and Parents:

- Communication is key to any successful program.

Schedule and Announcements on Athletic.net or use this link: <http://bit.ly/thurstontrack>

Head Boys Coach K.C. Gillespie kc.gillespie@springfield.k12.or.us (cell) 541-513-6187

Head Girls Coach John Gillespie john.h.gillespie@gmail.com (cell) 541-206-0467

Event Coaches

Sprints/Relays	K.C. Gillespie
LJ & TJ	John Gillespie
Hurdles	Ada Scatena
High Jump	Bill Kelly
Shot	Troy Barnhart
Discus	Javan Gray
Javelin	Jody Barnhart
Distance	Nick Wing & Kevin Cave

- Meets - Not all athletes will be competing in all meets. If you know your athlete will not be able to attend any meet please let us know as soon as possible. If you miss a practice or meet, your event coach can hold you out of a meet or decide on a more appropriate punishment. This can be solved through communication before any planned absence.
- Practice is everyday after school from 3:20 - 5:00 (approximately). Athletes need good quality shoes and may also need event specific shoes. See the individual event coach
- Uniforms – We will provide a singlet and meet warm-ups, you will need black shorts or black spandex. The singlet and meet warm-ups are for meet days only.
- Fundraising - Our budget does not cover all expenses. Our big fundraiser will last only 3 days at the State Track Meet, May 17th-19th. We will need many volunteers to take the tickets as people enter. It is a simple and easy way to make money without making your family sell or buy anything.

Sign-up Online!! - <http://bit.ly/statetrack2018>

- First Meet – Thurston and Pleasant Hill at Cottage Grove on Wednesday, March 21st. Athletes need to stay until the end of all meets.
- Home Meets – We have three home meets this year and your help will be greatly appreciated. We are also hosting the JV District on Friday May, 4th.
- Transportation – All athletes must ride with the team to every meet. Parents are encouraged to pick up their child at the end of the meet. A bus will also be available to transport the athletes back to Thurston.
- Varsity Letter – Score 10 varsity points or meet our varsity standard which is available on athletic.net.
- Spring Break - There are no mandatory practices. There will be optional opportunities available for training.
- Athletic.net - Please use "athletic.net" for our official calendar and more information about meets, transportation times, best marks, opponents, school records, etc. Also on Twitter @ThurstonTRACK
- Other Activities - If you are involved in another athletic activity please inform your coaches, as we may want to change or reduce you track practice to reduce the chance of injury.
- Seniors - Please let your coaches know if you have post high school track plans.
- TEAM - Our team will win or lose meets depending on how well individuals participate. However, each individual should strive to compete hard and intelligently. Then the goal is to improve.