

# ATHLETICS PROGRAM QUICK FACTS

## Boys and Girls Track & Field

**Season:** Spring

**Head Coach:** Ron Markezich ([ronma@outlook.com](mailto:ronma@outlook.com))

**Assistant Coaches:** Kevin Shields, Phil Higley (shot, discus)



**Dates and Fees:** See the website [www.tbcs.org/athletics/registration-fees-and-deadlines](http://www.tbcs.org/athletics/registration-fees-and-deadlines)

**Additional Costs:** Include gear, equipment, and any team-related trips (see below).

**Practice and Meet Schedule:** *Practices:* The team practices at Redmond High School track from 4:45 p.m. – 6:00 p.m., three to five days per week depending on track availability. Throwers will have some practices at Bear Creek from 3:30 p.m. – 5:00 p.m. Distance runners will have some practices at the Redmond Watershed from 3:30 p.m. – 4:45 p.m. *Meets:* All athletes will compete in at least six meets during the season. There are an additional six meets that require different levels of qualifying. About half of the meets are during the week and half on Saturday. Meets during the week will require early dismissal. The weekday meets are usually held at West Seattle Stadium. Parents are asked to help run the discus event at one meet. It is a fun experience for parents!

**Transportation:** Transportation is not available for practices. Transportation to meets will be provided by the school, and the expectation is that students will travel together to meets on the bus/van. Students are not allowed to drive their own vehicles or arrange their own transportation to any meet; however, students may leave with parents after competing in their event(s).

**Uniform, Gear, and Equipment:** The school provides uniform jersey and shorts which must be returned at the end of the season. Required equipment include running shoes/cleats and appropriate running clothes. We will have a gear night at Super Jock and Jill in Redmond at the start of the season for players who want help choosing shoes or gear. Additionally, there are several optional team gear items that players may purchase including a long sleeve shirt, hoodies, and rain gear. All optional gear may be purchased by filling out an order form prior to the beginning of the season.

**Retreats and Overnight Activities:** The only overnight meet is the State Championship Meet at Eastern Washington University in Cheney at the end of May, and usually a handful athletes qualify for the meet. During the season, it is common for the team captains to organize a couple team dinners at their homes. We will also have a Senior Night at a restaurant in West Seattle after our final League meet and an end of year party at an athlete's home on Sunday after the State Championship Meet.

**Anticipated Levels of Play:** All athletes compete in the core six meets. Track & field is great for exploring new events, camaraderie among athletes, and striving for excellence through improving your own personal bests. We celebrate personal bests as much as podium finishes. Every athlete has an opportunity to earn a varsity letter by meeting a varsity letter standard that will be published at the start of the season. The track & field team likes to work hard and play hard. In the 2018, we had 25 athletes on the team, the girls finished fourth at State, and the boys won the 1A State Academic Championship for the second time in three years!

**Out of Season Activities:** There are no out of season practices or activities. Some athletes will organize optional group runs, but most are competing in other sports during the offseason which is good preparation for the track & field season. We welcome everyone and will provide a great environment to learn new events, build friendships, and build confidence.