

January 8, 2010

Dear Parents/Guardians/Friends of Members of the Girls 2010 Track and Field Team,

It is hard to believe, but the beginning of the Indoor Track season will be here in less than three weeks and the Outdoor Season in less than three months. As many of you know, some athletes have been attending optional conditioning since November 30th. Those athletes that have currently been conditioning were invited to start earlier than the rest of the athletes that attended our November Meetings because they are experienced track/cross country performers on the high school level or are athletes that performed well at the middle school level. **All** remaining athletes are invited to attend our voluntary conditioning starting on Tuesday, January 19, 2010. Athletes should be dressed and ready to go at 3:15. They should meet in the South Commons. Additionally, there is a message board located outside of Coach Bowman's room (E220); **athletes should check this message board every day**. Voluntary conditioning is normally four days a week and can be Monday-Thursday or Tuesday-Friday (see attached important dates). The first mandatory day of practice is March 9, 2010. Once practice becomes mandatory, we will practice Monday-Friday. **Athletes will be expected to be at practice everyday**. If not, they should contact their event coach.

The purpose of this packet is to welcome you to the Girls Track and Field program, **to announce our parent meeting on Wednesday, January 20th, 2010 at 7:30 PM in the Central Theatre**, to communicate important information about the Indoor and Outdoor seasons, to provide you with opportunities to help with the program, to introduce our coaches and captains and to share with you my philosophy about coaching and working with your daughters.

First, let me say how pleased I am to have your daughter express a desire to be a part of the track and field team here at CHS and to have you as an active participant in our track program. As with all athletic programs at Centerville High School, I realize that a great deal of our success depends on your help and support. On behalf of all of the coaches, we welcome you and look forward to working with you. Please find attached phone numbers and email addresses so that you can contact us if you have questions or concerns. If there is a major problem, I would ask that you make me your first contact. Thanks.

We have two distinct seasons, Indoor and Outdoor. There are schedules attached. The Indoor schedule is definite unless we have major weather issues. Not all athletes will participate in the Indoor Season. The participants will primarily be those girls that were invited to early conditioning, but we will also certainly try to work in athletes who show promise from the January 19th start date. In addition, we still have some transportation challenges. We will only be taking vans to the first two indoor meets which will definitely limit our numbers. The last two indoor meets we will take a bus which will allow us to take approximately 45 athletes. While that will not accommodate all of our

athletes, it will give us the opportunity to see many of the athletes compete before the Outdoor Season.

The schedule for the Outdoor Season (see attachment) is about 98% set. We may still need to change some locations, but the dates are pretty firm. In looking at our schedule, *every athlete*, as long as she is in good standing with the team, will have the opportunity to compete in 6-8 outdoor meets. I am very pleased about that because every girl will have the opportunity to see improvement and to move from reserve to varsity. Most of our travel for the Outdoor Season will be via school bus, but, in addition, we will use school vans for some meets depending on the meet schedule.

I have also attached a list of items that the girls should bring with them to every meet. While it would seem that some of the items have no relevance to the indoor season, it would be best to get the whole package together now. Even things like hats and gloves can be useful during the Indoor Season because the girls will often go outside to “cool down” after they are done competing. The bottom line is that it is better to bring too much than for the girls not to have what they need.

Also, please never let your daughters leave the house on a conditioning/practice day without clothing to go outdoors. There are many days in the spring where the weather can change dramatically from 8:00 AM to 3:00 PM. Help your daughter be ready for the elements!

I expect the team to be very competitive this year. Our goals are lofty (see attachment), but realistic. You may be surprised by some of our goals, but I want you to know that I realize that not every girl is going to be a state qualifier. I fully understand that for many the sense of team is the most important part of their experience. That being said, I want you to also understand that I am extremely competitive and driven to excellence within the confines of the goals that I have established. I want all of the girls to reach their potential. This means that *all of the athletes* will be expected to work hard. Athletes out for track just for PE credit (***one important point about track for PE Credit- an athlete must complete the outdoor season for PE Credit; only participating in the indoor season will not secure the PE Credit***) or for socialization should not be surprised when they are asked to do the same workouts as our best athletes; however, the intensity may be different. In other words, I am not going to ask our athletes to do things they are not capable of doing.

As mentioned above, a major part of our success as a team is directly related to the hard work and support of our parents. There are endless opportunities to help this year. At the January 20th meeting, our Booster Reps Dave and Chris Welsh, will talk to the parents about these opportunities. Some to be thinking about are our website manager, team photographer/videographer, banquet coordinator, concessions for the Elk Relays, working at some home meets, Senior Night, Special Projects, Assistant Uniform Coordinator etc. Please give careful consideration to joining in the efforts to make this a great and memorable season for our athletes.

Also, at the first meeting we will be collecting \$30.00 from each athlete to cover things like banquet expenses, senior gifts, special gifts etc. In addition to the money charged by the school district for athletic participation, this \$30.00 is one of two other fixed costs for the athletes. The other is for uniforms. Members of the varsity will design their own varsity uniforms. The athletes will pay the cost of the uniforms, but they will be allowed to keep the uniforms after the season is over. The varsity uniforms from last year will now become reserve uniforms. The Boys Cross Country team did this last fall and the total cost for each boy was approximately \$25.00. They loved the idea of designing/keeping their uniforms. I will purchase some additional uniforms to help out those athletes that need some financial help or for those athletes that move late in the season from reserve to varsity. Please contact me if there is a financial need; I will be discreet and confidential.

Providing for all the things that I would like to do for the team requires resources. My goal is not to have a major fundraiser this year where the girls have to go out and sell products. We have had two fundraisers already. We sold Puppy Chow in the back of Central during lunch and a Takeover at Beef O'Brady's in early December. Both were modestly successful. We will be doing some similar fundraisers in the near future. I would like to address three other opportunities where we can make a lot of money.

The first involves Kroger's. Kroger's has a Purchasing Card Program. If you shop at Kroger's, this is incredibly easy. Simply get a Shopping Card from Kroger's and add money to it each month. Every time we reach \$10,000, or more, we are rebated 4%. While \$10,000 may seem like a lot, please consider this. We will probably have 100+ girls on the team this year. If every family loaded \$200 per month (which we know is certainly not a month's worth of groceries), the team total for the month would be \$20,000 and the team would be rebated \$800. The boys and girls do this program together so we would each receive \$400.

The second opportunity involves selling ads for the Elk Relays Program. We receive almost all of the money from these ads. The rewards can be substantial. If we have 100 girls out for track and each girl sells just one quarter page ad, we would realize between \$3,000 and \$4,000. Information for selling the ads will be available at the meeting.

The third opportunity will be to sell ads for the Football Program in late spring and early summer. The Boosters will give us \$750 for selling the minimum and a generous percentage for everything over the minimum. Last summer Dave and Chris Welsh sold the minimum on their own and secured \$750 for the team. We will give you more information about this opportunity during the outdoor season.

Please feel confident that all of the money that is earned will go toward making our program more successful. Clinics, transportation, meet entries, awards, motivation etc. are just some of the ways that the money will be used.

Once again this year we have a wonderful group of dedicated, experienced and knowledgeable coaches. There will be a more complete bio of each coach on the website

by January 20th. Briefly, our coaches are as follows: Mark Bohardt, Head Coach in charge of Distance and 400 Runners, Bob Bowman, Assistant Coach in charge of Hurdlers and Jumpers and helping with Sprinters and Throwers, Floyd Horton, in charge of Sprinters and Sprint Relay Exchanges, Dave Servis and Stephanie Geilenfeldt in charge of Vaulters and helping with the Sprinters and Amy Kremer in charge of Throwers and helping with Sprinters, Jumpers and Hurdlers. As mentioned earlier, please contact them as necessary.

We also have tremendous captains this year. They are seniors Carlie McGrath, Megan Kirby, Courtney Frydryk, Sarah Bennett, Emily Godshall, Chelsea Horton and Junior Chelsea Welsh. These seven captains have earned almost 30 varsity track letters. In addition, they are all talented students who will be attending college next year. In the preseason and during conditioning, they have already demonstrated strong leadership skills and a strong work ethic. I am confident that they will do an excellent job in both the Indoor and Outdoor Seasons. Full bios of these seven should also be on the website by January 20th.

I would like to take a little time to tell you more about my philosophy. I'm sure that some points of my philosophy are evident in what you have read so far. The following are the basis for how I approach the sport of Track and Field and how I will coach your daughters.

First, I am passionate about Track and Field. There is nothing else that gives me an adrenaline rush like seeing one of our athletes clearing the winning height in the high jump or watching our anchor come from behind in the 4x400 relay to win the meet. I hope you and your daughters can experience that same feeling.

I am demanding, but I am not a yeller or screamer. I prefer to think that I occasionally "raise" my voice for a point of emphasis. I believe that talking and reasoning with athletes is preferable. I believe that I am an athlete's coach.

I am fair and try to take each situation on its own merits. I don't make blanket decisions for the whole team when only a few athletes have created an issue. Athletes/Parents need to realize that I will make some decisions where not everyone can be privy to all of the information. I will discuss any decision/topic with any athlete/parent.

I expect the girls to honorably represent the proud tradition of Centerville High School. We will be ambassadors for the school and for the Athletic Department.

The girls will be asked to not only work hard and compete but to also give back to the sport and the community. They will be expected to "volunteer" at some of the Middle School Meets and to participate in our community service project where we collect books during the spring to share with children at local hospitals.

I have worked with Matt Somerlot, Head Coach for the boys, to build a schedule where we go to almost all of the same meets. Matt and I feel strongly that the mutual support and respect that our teams share help to make us unique.

We will have fun.

I fully understand that we have a diverse group of girls on the team. They are involved in a variety of activities. Some work. Some dance. Some take riding lessons. Some take voice lessons. Some have church obligations. The list is endless. Rest assured, that I will try to work with each individual athlete to help her fulfill her commitments. However, there will come a time where certain conflicts will present problems within the confines of the goals we have set. For instance, as we get closer to meets like the GWOC and the District, athletes wanting to miss practices because of conflicts will not be acceptable. Athletes trying to do too many things will ultimately hurt themselves and the team, no matter how adamant they are that they can handle it. The body can only handle so much; it will ultimately break down. As we prepare for the major part of our schedule, it is paramount that our athletes are fresh enough to do the necessary workouts and to compete.

Doing well academically is critical. The history of our girls in National Honor Society and in the Scholar Athlete Society is outstanding. I expect that to continue.

In conclusion, I would encourage every parent to visit our website. There is a wealth of information about a variety of subjects related to our season. Nutrition, forms, academic eligibility, athletic code, directions to meets, info on coaches and captains, schedule, results, and pictures are just a few of the many items there. ***I will apologize in advance for some things that are not 100% up to date. While Rene Magary has been very gracious in helping us with the site (even though her daughter graduated last year), we need someone to take over this job. It is essential to communicating information to the parents. Any takers? Several people could actually do this as a team.*** Please let me or Dave Welsh know as soon as possible.

One last item. I have chosen our theme for this year and it is ***RELENTLESS in 2010***. I want the girls to realize that we need to have this attitude for all of our workouts and at our meets. If we maintain this frame of mind over the entire year, we will be very successful. Please help to reinforce that mindset with your daughters.

Once again, thanks for your interest and support. I'm sure that I have missed some things. Please bring those up at our meeting on the 20th. I'm confident that with your help and with the strong efforts of our athletes, we will have a tremendous year. I look forward to seeing you on the 20th.

Mark Bohardt
Head Coach-Girls Track
Centerville High School

