

# Reservoir HS Track & Field: *Spring 2020*

## *Athlete Meeting Information*

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Head Coach	Philip Rogers (410) 888 – 8850	progers@hcpss.org
Head Coach	Bobby Gessler (410) 888 – 8850	gesslermd@aol.com
<b>Website:</b>	<a href="http://xctf.rhsgators.net/track/">http://xctf.rhsgators.net/track/</a>	<b>DO THIS!</b>
<b>Text Message List:</b>	Distance/Mid-Distance Runners: Text this code @tfdisrhs to 81010 Throwers: Text this code @tfthrows to 81010 Sprinters & Jumpers: Text this code @tfsprint to 81010	
<b>Twitter:</b>	@RezziXCTF <b>Follow US</b>	<b>Must have all paperwork</b>
<b>Paperwork Turn-In:</b>	GO TO: <a href="http://xctf.rhsgators.net/track/">http://xctf.rhsgators.net/track/</a> Select paperwork	
	Turn in all necessary paperwork by Monday, March 2 <sup>nd</sup> . <b><u>Please do this online.</u></b>	
<b>Mandatory Practice:</b>	Practice: Beginning Saturday, February 29 <sup>th</sup> Monday – Friday, 2:30pm – 4:45pm Saturdays, 9:00am – 11:30am Bring: <b>Gear</b> - running shoes, sandals, stretching rope (distance), jump rope (sprinters/jumpers/throwers), wrist watch, long pants/long sleeves and water <i>All players selected to the JV and Varsity teams are expected to attend practice daily. Conflicts should be addressed directly to one of the Coaches. <b>BE AT practice ON TIME!</b></i>	
<b>Team Night</b>	<b>Feet First Sports</b> <b>Saturday, March 7<sup>th</sup> and Thursday, March 12<sup>th</sup></b> *** 15% off and 10% back to the school. <i>All funds raised will go to purchase the team new spirit wear.</i>	<b>Save Money and earn money for the team</b>
<b>Parent Meeting:</b>	Must attend 1 of the 2 parent meetings. <b>Monday, February 24<sup>th</sup> or Tuesday, March 10<sup>th</sup></b>	<b>Required</b>
<b>Uniforms:</b>	Will be issued on March 16 <sup>th</sup> and 17 <sup>th</sup> . If you need shorts (bring your \$25 or pay for it online) 1. Singlets will be provided. 2. Compression Shorts/running shorts will be sold as the Team Uniform \$25. 3. Warm-ups are Available for purchase \$85	
<b>Meets:</b>	All meets have a limit for the number of Entries. <i>Minimum Meet Requirements will be expected. They will be posted on the team website</i>	
	<b>We will NEED Parent Volunteers and Donations on Home Meet Days:</b> April 25, April 27, May 13 and May 16 1. Event Volunteers 2. Concessions 3. Bake Sales 4. Donations 5. Coaches/Officials Breakfast	<b>Super Important. We need your help</b>
<b>Travel Meets</b>	We will have 1 travel meets. We will be able to take 40 athletes. April 18 <sup>th</sup> will be a day trip. Cost will be \$10.	
<b>Conditioning:</b>	1. Meet Schedule is Posted Online via the Team Website. 2. <b>Conditioning practices will take place on Monday, Wednesday, and Friday from 2:30 – 3:45pm.</b> Practices are optional, but you need to come into the season in shape!	
<b>Leadership:</b>	Seniors and Captains Discipline Ladder: 1. Warning 2. Email/Phone Call Home possible removal from next meet 3. Meeting with Parent and Coaching Staff, Removal from next meet 4. Removal from Team	<b>GET IN SHAPE!</b>
<b>Spring Sports Banquet:</b>	At the End of Outdoor Track & Field, we will have one joint banquet for both Indoor and Outdoor Track & Field.	