

# Rock Canyon High School Track and Field

Parent Meeting 2021

# Coaching Staff

**Dan Davies:** Head Coach - [dan.davies@dcsdk12.org](mailto:dan.davies@dcsdk12.org) or 720-308-4123

Assistant Coaches:

**Nick Forest** (Sprints and Relays) [\\_nick.forest@dcsdk12.org](mailto:_nick.forest@dcsdk12.org)

**Julie Burns** (Hurdles)- [julie.burns@dcsdk12.org](mailto:julie.burns@dcsdk12.org)

**Chazz Burney** (Long and Triple Jump) [Chazz.burney@dcsddK12.org](mailto:Chazz.burney@dcsddK12.org)

**Chantel Urban** (Shot Put and Discus) [Chantel.urban@dcsdk12.org](mailto:Chantel.urban@dcsdk12.org)

**Matt Burns** (High Jump) [mjtrekkers@gmail.com](mailto:mjtrekkers@gmail.com)

**Daniel Grant** (Distance) [Daniel.Grant@dcsdk12.org](mailto:Daniel.Grant@dcsdk12.org)

# Team Website and Policies

**Website:** <http://canyontrackandfield.weebly.com/>

**Policies:** <http://canyontrackandfield.weebly.com/team-policies.html>

**Weekly Schedule Updated Every Sunday Night and 2-3 Days before each meet.**

**Communication Process**

**Schedules for Practices/Meets**

**Lettering Standards**

**Coaches Blogs**

# 2021 Season Information

- Track is a No Cut Sport
- Varsity or JV?
- Coaches will try to match athletes to their best event
- **No Buses this year – Athletes/Parents will need to provide transportation to and from meets**
- Varsity Meets: Athletes arrive at least 90 min before event and remain until released by coaching staff.
- JV Meets: Arrive at least 60 min before start of meet and remain until end of meet.

# Practices and Meet Schedule

**Official Season – April 26 - June 24th (State Meet)**

**JV Athletes last meet June 9th. (Some JV athletes could be invited to the League Championships depending on their event)**

**Practice 3:15pm to approximately 5:15pm (6:00pm M/W weights)**

**Beginning May 31 Daily and Saturday practices will be scheduled by event coaches.**

**We will always hold practice! During inclement weather we will practice unless it is unsafe to practice outside due to lightning, etc.**

# How Can Parents Help?

**We need your support!**

**Be part of Canyon Country at Meets/Wear your Jag apparel!!**

**Photos - Upload to Shutterfly**

**Rides to Meets and Practices**

**Banquet/Picnic – June? and **TEAM FEASTS** Help**

**Small Donation – \$50.00**

# Fundraising

**Costs to run the program this season:**

**Equipment - (Hurdles, pole vault, starting blocks etc. ) \$3500**

**Entry Fees - \$2000 Awards/Banquet/Picnic - \$1500**

**Additional Assistant Coaches - \$4000**

**80 athletes out for the team - \$100 Athlete Registration**

**Total Revenue = \$8,000 - Estimated Expenses = \$11,000**