Free State

track & field

February 13, 2017

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| how you can help  We have three home meets (including Regionals) this season, and we could use all the help we can get! If you have time to volunteer, please let Coach Rose know which dates you’re available.  At home you can help by encouraging your student-athlete to eat right, to sleep well, and to stay hydrated. Getting rest and good nutrition are two of the most important ways to keep our kids healthy and to help them be successful! |
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# team goals

We are looking forward to an extremely successful track & field season! With many of our previous state qualifiers returning on both sides, we should have the opportunity to compete for state medals and team meet titles again in 2017.

## Meet Information

Track & field meets last anywhere between 5 hours for JV and 8 hours for varsity! Sending snacks and water with your athlete will help them stay energized and prepared. Sometimes there are concession areas, but even when food is available it often does not consist of healthy choices.

### Q: What if a meet is cancelled?

A: Track & field competes in almost every weather condition except for lightning or severe storm. If a meet is cancelled, we will get information out as soon as possible via Skyward and Remind. You can also call the school to get answers to any questions you may have.

### Q: What kind of equipment does my athlete need?

A: Basically, your student-athlete will need some kind of training shoe for working out at practice and for competition. Event specific spikes are something that should be discussed with the event coach.

Ad Astra Running Store is offering a team discount of 20% off regular priced shoes and spikes throughout the 2017 Track & Field season for athletes! Additionally Jock’s Nitch offers all LFS students and families discounts from 20%-40% off of Adidas merchandise (excluding KU gear) and Free State apparel!

# varsity and JV meets

In order to qualify for our varsity team, athletes must be in the top two or three spots in their event area (or be on a qualifying relay team). These spots will fluctuate during the season, so each athlete can move up as their time and/or marks improve. However, we will not fill spots with kids who are not ready to compete. Safety and readiness must come first!

# fundraiser



Contact Us

**Free State Track & Field**

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To receive team announcements via Remind - Text to: 81010 Message: @lfstrack

Follow us on Instagram: @lfstrackandfield

Due to our fundraising efforts from previous year, we have been able to purchase new uniforms, throwing implements, vault poles, conditioning equipment, and cross bars. This year, we are asking each student athlete to bring $20 to pay for a team tshirt and team pizza feed in lieu of a fundraiser.

# Meet and practice Expectations

All athletes are expected to remain at their meets for the entirety of the competition. For example, the 2-milers wait until the second to last event of the meet to compete, supporting and encouraging their teammates; they should be able to expect the same support. We will have practice even when a meet occurs; when varsity meets happen, the JV team will have practice and vice versa. Athletes are expected to follow the practice schedule and to compete in events that have been arranged by their event coaches. Additionally we will be asking JV athletes to participate and work at our Barrier Breakers Meet and Regionals, and Varsity athletes will be expected to work the JV home meet.

# any other questions?

Each event coach is the specialist in his/her area, so please contact him/her if you have any questions regarding equipment needed or specifics about your athlete’s performance. Our coaches’ information (email and phone) are available by calling the school or by visiting the school’s website. Any other questions, please feel free to contact me.

Coach Darrell Andrew: javelin

Coach Joanna Romito: girls’ sprints and jumps

Coach Adam Leitel: boys’ sprints and jumps

Coach Kain Anderson: distance

Coach Phillip Mitchell: pole vault

Coach Jordan Rose: hurdles and high jump

Coach Mike Evans: shot put and discus