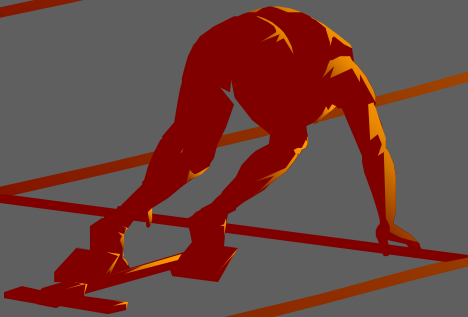


EDWARDSVILLE HIGH SCHOOL BOYS' TRACK & FIELD

PARENT MEETING 2023



TRACK & FIELD IS A TEAM SPORT...
WITH INDIVIDUAL EVENTS!

COACHING STAFF

CHAD LAKATOS

SPRINTS & SPRINT RELAYS

ALEC HOLLER

HURDLERS

GEORGE PATRYLAK

DISTANCE

CARRY BAILEY

JUMPS

JORDAN WILLI

POLE VAULT

JAKE FOSTER

THROWS

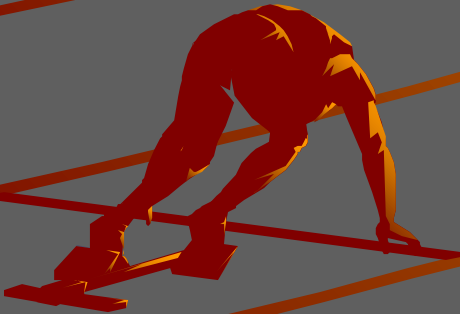


PAPERWORK

***UPDATED PHYSICALS**

***REGISTRATION**

***TEAMS NAP**



NEWS & UPDATES

**CHECK OUT WEBSITE FOR
UPDATED INFORMATION,
PRACTICE SCHEDULE, MEET INFO,
MEET RESULTS, ETC.**

Website: www.ehstrack.com

Twitter: @TrackEHS

Facebook: Edwardsville HS Track & Field

YouTube: @coachlakatos



PRACTICE SCHEDULE

SPRINTS & JUMPS:

FEB: TU/TH/F (2:05-3:30)

MARCH: M-TU-TH-F (2:05-3:30)

APRIL-MAY: M-F (2:05-3:30)

DISTANCE & THROWS:

MONDAY – FRIDAY (2:10-4:30)

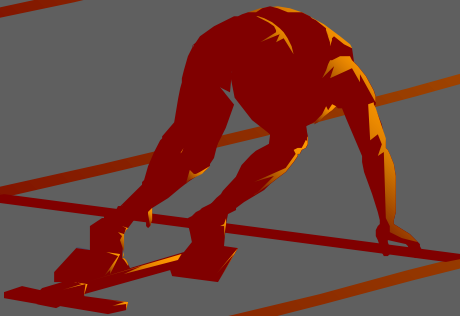


PRACTICE EXPECTATIONS

ARRIVE ON-TIME

GIVE GREAT EFFORT

DISCONNECT FROM CELL PHONES



EQUIPMENT NEEDED

***PERSONAL RUNNING SHOES & SPIKES**

***TEAM T-SHIRTS (LS/SS – FREE)**

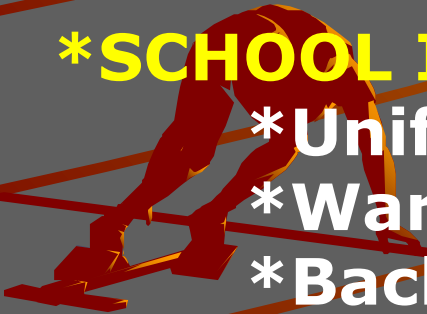
***IMPLEMENTS PROVIDED BY THE SCHOOL**
***SP, Discus, Poles, etc.**

***SCHOOL ISSUED ITEMS:**

***Uniform (\$150)**

***Warm-Ups (\$150)**

***Backpack (\$75)**



SHOES & SPIKES

***RUNNING SHOES**

***SPIKES ARE NEEDED**

SPRINTS 100-400M

DISTANCE 800M-3200M

SPECIALTY SHOES:

-JUMPS (LJ/TJ/HJ/PV)

-THROWS



TRACK MEETS

***WILL LAST 2-4 HOURS DEPENDING ON
NUMBER OF TEAMS COMPETING**

***ATHLETES MUST RIDE BUS TO AND FROM
THE MEET WITH TEAM UNLESS ARRANGED
PRIOR TO WITH ADMINISTRATOR & HEAD
COACH**

***ATHLETES ARE EXPECTED TO HELP WORK
HOME MEETS...GIRLS & BOYS**

***ATHLETES ARE EXPECTED TO STAY AT THE
ENTIRE TRACK MEET (HOME/AWAY)**



HOME MEETS

FRIDAY, MARCH 10TH

INDOOR AT PRINCIPIA (15 TEAMS)

FRIDAY, MARCH 24TH

SWIL RELAYS - COED (28 TEAMS)

****RACE AGAINST HUNGER FOOD DRIVE****

TUESDAY, MARCH 28TH

TRIANGULAR MEET W/ ALTON & O'FALLON

TUESDAY, APRIL 4TH

FR/SO TIGER INVITE (10 TEAMS)

SATURDAY, APRIL 22ND

WINSTON BROWN (22 TEAMS) *SENIOR DAY*

HOME MEET WORKERS

***SIGN-UP FOR:**

CONCESSIONS

ADMISSIONS

***SIGN-UP SENT OUT TODAY
VIA TEAMSNAPE**



FIRST MEET

**SATURDAY, FEBRUARY 25TH
@ LAKES HIGH SCHOOL
9:30AM START TIME.**



**THIS IS AN OVERNIGHT
MEET. WE WILL DEPART
FRIDAY, FEB. 24TH AT NOON.**

UNDERCLASS MEETS

FRIDAY, MARCH 10TH

INDOOR AT PRINCIPIA – F/S ENTRIES

TUESDAY, MARCH 28TH

TRIANGULAR MEET – EVERYONE COMPETES

TUESDAY, APRIL 4TH

FR/SO TIGER INVITE

TUESDAY, APRIL 11TH

FR/SO HIGHLAND

THURSDAY, APRIL 20TH

FRESHMAN AT O'FALLON

SATURDAY, APRIL 22ND

WINSTON BROWN – F/S RELAYS

TUESDAY, MAY 2ND

FR/SO TRIAD INVITE

WEDNESDAY, MAY 10TH

SW CONFERENCE MEET – JV DIVISION



ORDER OF EVENTS

THIS DOES NOT INCLUDE INDOOR MEETS OR RELAY MEETS

FIELD EVENTS

DT, SP, PV, HJ, LJ, TJ

RUNNING EVENTS

4x800 RELAY

4x100 RELAY

3200M RUN

110M HH

100M DASH

800M RUN

4x200 RELAY

400M DASH

300M IH

1600M RUN

200M DASH

4x400 RELAY

TEAM GOALS

TEAM GPA > 3.1

ZERO INELIGIBILITIES

BREAK 4 INDOOR RECORDS

BREAK 2 OUTDOOR RECORDS

JV & VAR CONFERENCE CHAMPS

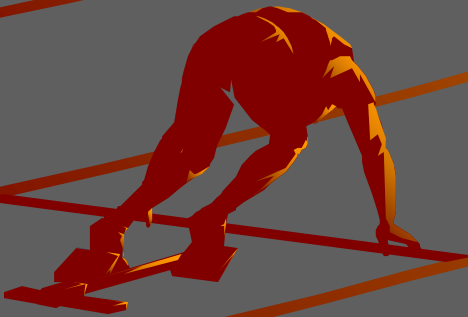
SECTIONAL CHAMPS

TOP 8 AT IHSA STATE MEET



ACADEMICS

- *STUDENT FIRST, ATHLETE SECOND**
- *MUST HAVE PASSING GRADES TO COMPETE**
- *WEEKLY GRADE CHECKS**
- *ATHLETES MUST PASS 5 CLASSES**



**“LEARN ALL THERE IS TO KNOW, THEN
CHOOSE YOUR OWN PATH IN LIFE”**

INJURIES

***EHS ATHLETIC TRAINER**

KATIE HAMILTON & RYLIE MURRAY

***ATHLETES NEED TO REPORT INJURIES
TO A COACH/TRAINER ASAP**

***INJURED ATHLETES ARE EXPECTED TO
ATTEND PRACTICES & MEETS!**

***COMPLETE HEALTHY ROSTER**



FUEL THE BODY

- LEAN PROTEIN
- COMPLEX CARBS
- VEGETABLES
- HYDRATION
- SLEEP (8-10 HOURS)
- REST & RECOVERY



VARSITY LETTER POLICY

***FR, SO, JR NEED TO MEET ONE OF THE FOLLOWING REQUIREMENTS:**

1. TOP 3 IN AN INDIVIDUAL EVENT
2. REGULAR MEMBER OF VARSITY RELAY
3. WIN AN INDIVIDUAL EVENT AT SWC JV MEET
4. SCORE AT VARSITY SWC MEET
5. COMPETE AT SECTIONALS

***SR's IN GOOD STANDING WILL RECEIVE A VARSITY LETTER**

-ATTENDANCE

-MEETS

-SCHOOL EQUIPMENT



EXCUSED ABSENCE

***COMMUNICATE BEFORE PRACTICE**

***IF NOT AT SCHOOL
EMAIL, CALL, or TEXT**

***DO NOT TELL A FRIEND TO TELL A COACH**

***GOOD ATHLETES DO NOT MISS PRACTICE**

***APPOINTMENTS SHOULD BE SCHEDULED AFTER
PRACTICE.**

***MULTIPLE ABSENCES (even if excused) COULD RESULT
IN DISMISSAL FROM TEAM. ONE UNEXCUSED COULD
RESULT IN SUSPENSION.**

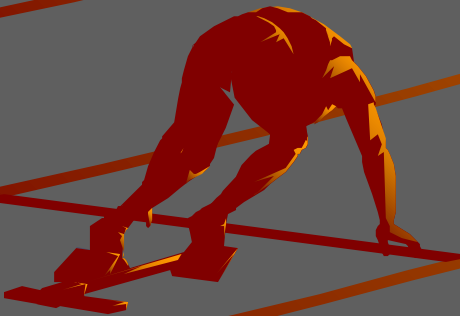
"FAILING TO PREPARE...IS PREPARING TO FAIL"

ZERO TOLERANCE

***HAZING**

***INITIATIONS**

***ATHLETES MUST ALSO BE IN COMPLIANCE
WITH EHS CODE OF CONDUCT POLICIES**



SPRING BREAK

APRIL 1-10

**PRACTICE SCHEDULES WILL BE SENT
OUT THE WEEK BEFORE BREAK**

**THERE ARE MEETS DURING THIS
TIME FRAME. PLEASE COMMUNICATE
IF OUT OF TOWN.**



FUNDRAISER

\$1000 CASH PRIZE

1st \$500

2nd \$300

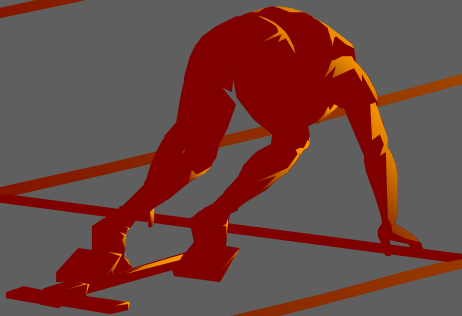
3rd \$200

**FUNDRAISER WILL BEGIN IN
MARCH.**



SPORTS BANQUET

MONDAY, MAY 15TH
6:30-7:30PM



BOOSTER CLUB OFFICERS

JAMEY PERULFI, PRESIDENT

SALLY LAKATOS, VP BOYS TRACK

BETH WITTEK, SECRETARY

KEITH LUEKING, TREASURER

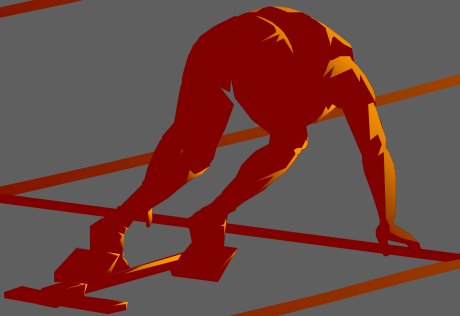
SALLY LAKATOS, TRIVIA NIGHT

GEORGE PATRYLAK, MUD MOUNTAIN



BOOSTER CLUB MEETINGS

UPSTAIRS OF TIGER COUNTRY
FIRST MONDAY OF THE MONTH
FROM 6:30-7:30PM



QUESTIONS?

COACH CHAD LAKATOS

Cell #: (618)559.9773

Email: evilletrack@gmail.com

Twitter: @TrackEHS

FB: Edwardsville High School Track & Field

Team Website: www.ehstrack.com

YouTube: @coachlakatos

