

Feb 16th 2021 MCHS Track & Field Pre-Season Meeting

-By Greg Fogg, MCHS Head XC/Track & Field Coach (707) 291-2967 or greg.fogg@comcast.net www.mariacarrillorun.com



MCHS 2021 TRACK CONDITIONING STARTS THIS WEEK!

Track Conditioning: Starts Wed, Feb 17th, M-W-F 3:30-5:00 pm

Track Practice: Starts Mon, Mar 29 5 days/week Mon-Fri, 3:30-5:00 pm – June 12th

Track & Field League Competition: Includes 4 meets:

Away Meets: **May 5** vs. Monty/Windsor at Windsor, **May 12** vs. El Mo at El Molino

Home Meets: **May 19** vs. Piner, **May 26** vs. Santa Rosa

...Greg speculation: As long as COVID situation continues to improve in CA, there will be additional competitions opening-up, sometime in April-May-June timeframe

...Stay Tuned!



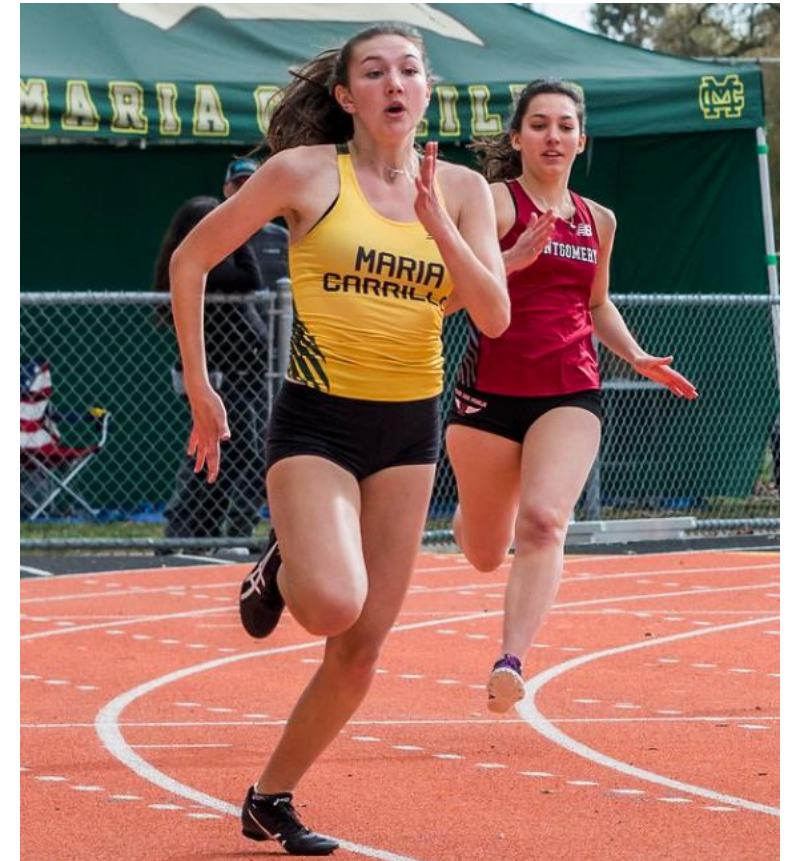
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MCHS 2021 TRACK & FIELD ESSENTIALS!

- ✓ HOW DO I SIGN UP/HOW DO I KNOW I'M CLEARED TO PRACTICE?
- ✓ SAFETY PROTOCOL?
- ✓ TRAINING/TRACK & FIELD EVENT COACHES?
- ✓ COMMUNICATION?!!!



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MCHS 2021 TRACK & FIELD ESSENTIALS!

✓ **HOW DO I SIGN UP/HOW DO I KNOW I'M CLEARED TO PRACTICE?**

...Here's your checklist 1-2-3:

- 1) Did you fill out an **Athletic Packet** from the MCHS Website? (includes submitting a Sports Physical; IMPORTANT to upload and electronically sign all policies and Agreements in this Packet and setting up your SportsNet account!)
[LINK](https://mchs-santarosa-ca.schoolloop.com/) here from MCHS website <https://mchs-santarosa-ca.schoolloop.com/>
MCHS Website > Athletics > "Instructions for Registering Your Athlete"
- 2) Did you attend a **COVID-19 Education Class**? (last week with Albert Etedgui)
- 3) Have you completed your **Pre-Participation Questionnaire (PPQ)** form?
Athletes must access this link through their SRCS email - no other email will allow them to access the Google Form! <https://forms.gle/Keii4q4jDytR8N7k9>

SPORTSNET inc.
Digital Sports Management

Home Programs Athletes

Team Profile
Varsity Girls Track and Field

MAIN MENU

[View | Edit](#) Team Roster
[View](#) Contests
[View](#) Coaching Staff
[View](#) Parent Email List
[Print](#) Emergency Cards

REPORTS/DOWNLOADS

[Download](#) CSV Team Roster
[Download](#) CSV Team Schedule
[Download](#) Missing COVID Items

Maria Carrillo High School
Varsity Girls Track and Field

Print [PDF Version](#)

TEAM ROSTER

| Name | Grade | DOB | Eligibility Issues |
|---|-------|------------|--------------------|
| Brandt, Adrianna | 11 | 09/03/2004 | COVID |
| Busienei, Ashley | 11 | 09/12/2004 | |
| Cregan, Brooke | 11 | 09/15/2003 | |
| Gorauskas, Katrina | 11 | 09/16/2003 | Transfer |
| Gullixson, Clara | 12 | 11/08/2002 | Medical, COVID |
| Mattice, Vivien | 11 | 11/24/2003 | |
| Morris, Nicole | 12 | 04/16/2003 | |
| Mota Estrada, Elizabeth | 11 | 09/24/2004 | COVID |
| Murphy, Francena | 12 | 08/03/2003 | COVID |



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- ✓ **SAFETY PROTOCOL** (current as of Feb 8, 2021; COVID safety protocols established by our School district, following our local SoCo Health Order and additional safety guidelines/restrictions as required by our SRCSD).
- ✓ All sports activities confined to MCHS campus/surrounding Montecito Park
- ✓ Check-in includes Temp check/COVID symptom for each practice
- ✓ Must wear masks 100% of the time
- ✓ Must maintain 6' social distancing
- ✓ Everyone assigned to a static Cohort training group
- ✓ No sharing of equipment, etc...)
- ✓ Each Cohort assigned to a restroom
- ✓ Coaches limited [direct] access to up to 2 Cohorts



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MCHS 2021 TRACK & FIELD ESSENTIALS!

- ✓ **TRAINING** (to be posted on our team website) **AND WE HAVE 15 DIFFERENT EVENT COACHES:**
 - Sprints/Relays and Hurdles: (**Vic Hudson** Head Coach; not available much for Conditioning in February); helping Vic:
 - **Scott DeMange, Heather Martin, Allison Mulligan, Mark Giangiacomo, Trevor Brady and Tac Kapustka**
 - Throws: Coach **Tim Armstrong** and **Nick Diaz**
 - Distance: Coach **Greg Fogg, Leanne West, Marion Maassen** and **John Moe**
 - Jumps:
 - Pole Vault: **Bruce Hotaling**
 - High Jump: **Jeff Paul**
 - Long Jump/Triple Jump: **TBD...**



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MCHS 2021 TRACK & FIELD ESSENTIALS!

✓ COMMUNICATION!!!

- Information for both XC and Track will be posted on our team website here: www.mariacarrillorun.com
- Best for athletes & your parents to subscribe to our “Remind” text messaging announcements (brief messages sent once or twice a week) for critical information for practices, directions to competitions, etc...

For Track: Just address a text message to **81010**, then send this message: **@MCHStf20A**

...NEED MORE INFO? Contact: Greg Fogg, Head Coach XC/Track & Field (707) 291-2967 or greg.fogg@comcast.net



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QUESTIONS?

