

CHS 2019 Boys and Girls Track and Field Interest Meeting – 12/17/18

All student-athletes interested in participating in track and field during the 2019 season, who are not competing in a winter sport, should currently be attending conditioning with Coach Navarro/Coach Yates for Mid-Distance and Coach Fields for sprinting. Although not mandatory, your participation in conditioning indicates your commitment to be your personal best; and to the team. Please contact Coach Navarro and Coach Fields if you are not aware of the conditioning schedules.

Tryouts for Track and Field are scheduled for Tuesday, January 22nd. Monday (1/21) is the official start of the season but is a holiday. In order to participate in conditioning and tryouts you must have completed "Register my athlete account" (see Creekside website for details - <http://www-chs.stjohns.k12.fl.us/athletics/forms-el2/>).

It is important that you make sure: (1) that if you completed registration from a fall sport, that the registration indicates track and field; and (2) your physical is up to date and not expiring soon.

Coaching Staff

Coach Fields – Co-Head Coach – Training Group – Sprint, Hurdles, and High Jump
Cell Phone – 904-614-0149
Email – iphonericky39@yahoo.com

Coach Navarro – Co-Head Coach – Training Group – Boys Mid-distance
Cell Phone – 904-719-5022
Email – coachnavs@gmail.com

Coach Kanekoa – Assistant Coach – Training Group – Pole Vault, Boys Long and Triple Jump
Email – kanaka18@gmail.com

Coach Lambros – Assistant Coach – Training Group – Boys and Girls Throwers
Email - nicholas.lambros@stjohns.k12.fl.us

Coach Leavell – Assistant Coach – Training Group – JV Boys and Girls Sprint
Email – leroy.leavell@stjohns.k12.fl.us

Coach Perez – Assistant Coach – Training Group – Boys Mid-distance
Email – nathan.sperez@yahoo.com

Coach Toner – Assistant Coach – Training Group – JV Girls Mid-distance
Email – elizabeth.toner@stjohns.k12.fl.us

Coach Washington – Assistant Coach – Training Group – Sprint, Girls Long and Triple Jump
Email - deltast9@gmail.com

Coach Yates – Assistant Coach – Training Group – Girls Mid-distance
Email - mandyccnr@hotmail.com

Track and Field Tryouts

IMPORTANT NOTE – In order to create a stronger focus on the coach/athlete relationship, the track team will be cutting more athletes than in prior years. This creates a greater importance on try-outs and ensuring you are in shape and ready to perform on that day. Specifically, we will no longer allow Seniors to compete on the Junior Varsity (JV) team. The focus of JV is to develop athletes for future varsity opportunity and having seniors participate is not consistent with that purpose.

When – Tuesday January 22nd

Time – 4:00pm – 5:45pm

Where – Creekside Track

All Student-Athletes will fall into one of these four groups**. If you need help determining what group you are in, please see Coach Navarro or Coach Fields.

- 1- **Past Sprinter/Jumper/Vaulter** – Sprinters/Jumpers/Vaulters on the team last year, JV and Varsity or sprinted for the striders last year.
- 2- **Past Mid-Distance** - Mid-distance last year, JV and Varsity or ran Cross Country during the fall semester.
- 3- **New to Track and Field** - New to track/running. Have no experience with us **or** was on the team last year and would like to be considered for a different training group – This must have the approval of Coach Navarro or Coach Fields.
- 4- **Throwers**- All interested in being a thrower on the team. All throwers will throw both the discus and shot put this year.

**if you are in a winter sport, we are holding a specific try out day on Wednesday the 23rd (4:00 PM at track), a day on which there are limited scheduled contests. Your presence on Wednesday is necessary to be considered for a spot on the track team. You will be released as soon as possible. We are communicating this need to your winter sport coaches and will work with them on your availability. You are not required to attend Tuesday.

Tryout Schedule

Tuesday Jan 22nd

Group 1 – with Coach Fields for a 500m and 250m time trial (or similar).

Group 2 – with Coach Navarro for a 1600m time trial.

Group 3 – with Coach Navarro or Coach Fields for Group 1 or 2 activity

Group 4 – with Coach Lambros for explosion test, brief technical overview, and shot put for measure

The team will be selected by Wednesday Night and rosters will be posted on Coach Leavell's door (Portable 2) and Coach Lambros's door (570) on Thursday morning.