

# ALLATOONA HIGH SCHOOL TRACK & FIELD





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TRACK & FIELD

Communication:

Email: Coach Parsons - [bucrunningnation@gmail.com](mailto:bucrunningnation@gmail.com) or

Booster Club- [allatoonarunning@gmail.com](mailto:allatoonarunning@gmail.com)

Twitter: @AllatoonaTrack

Facebook: Allatoona Running



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New Team Website:

[www.allatoonarunning.com](http://www.allatoonarunning.com)

Parent Information:

[www.allatoonarunning.com/parent-portal](http://www.allatoonarunning.com/parent-portal)



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Why Do We Love Track?

Track and field is a sport which includes athletic contests established on the skills of running, jumping, and throwing



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Why Do We Love Track?

Because of opportunities to be successful individually, and as a team.



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Track has benefits for ALL sports.

-Speed-

-Agility-

-Stress Relief-

-Competiveness-



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## What is track?

### 16 Events Contested in Georgia

**Sprints**

100m  
200m  
400m

**Distance**

800m  
1600m  
3200m

**Hurdles**

100/110 m  
300m

**Throws**

Shot  
Discus

**Jumps**

Long Jump  
Triple Jump  
High Jump  
Pole Vault





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What is needed for track?

2 pairs of shoes

1 pair of trainers

1 pair of spikes (for your event)





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What is needed for track?

Proper running shoes are a necessity



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-Big Peach Spike Night-  
Thursday, January 30th from 4-8PM.  
The discounts are 15% off footwear,  
20% off apparel, and 10% off  
accessories



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What is Allatoona Track?

Building a program with both  
individual & TEAM success



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What is Allatoona Track?

Finding your events & excelling in them



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What is Allatoona Track?

Being an athlete that will exceed &  
contribute to the legacy of Allatoona  
Running



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What is Allatoona Track?

Being a multi-sport athlete



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How does Allatoona Track work?

Everyone will get a chance to compete





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How does Allatoona Track work?

We plan on putting our best foot forward by putting our best out there.



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## How does Allatoona Track work? Coaching Staff:

### **Coach Parsons:**

- **USATF Coaching Certified**
  - **VDot Certified**
  - **D1 Athlete**
- **15 Years of coaching Track & Field**

### **Coach Hubinger:**

- **D1 Athlete**
- **Over 25 years of coaching experience**



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## TRACK & FIELD

# How does Allatoona Track work? Coaching Staff:

**Coach C. Shumacher**

- Track Family
- Developed Athletes in Jumps

**Coach Hill:**

- D1 Athlete

**Coach Holmgren:**

- D1 Athlete
- USATF Coaching Certified
- VDOT Certified

**Coach Moffatt:**

- D1 Athlete
- Multiple State Pole Vault Champions

**Coach McKinney:**

- D1 Athlete
- USATF Coaching Certified

**Coach Neely:**

- Multi-Sport Athlete

**Coach E. Moffatt:**

- 2 Time GHSA State Champ
- D1 Athlete
- Allatoona Alumni

**Coach D. Bratton**

- D1 Athlete
- Developed Jumpers



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When does track begin?

Monday, January 13

**\*NEED PHYSICAL ONLINE &  
CLEARED BY AHS ATHLETICS\***



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Allatoona Runners will be at practice  
everyday (3:55-5:30-6:00)

We will practice everyday (Mon-Fri) no  
matter the weather  
(extreme circumstances apply)



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Will you have practice over  
Breaks?

Yes. Dates & Times will be  
announced in January



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Season begins with conditioning and evaluation of athletes and deciding on where they have the best opportunity to be successful





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We are looking at Short Term Goals &  
Long Term Goals for the athlete and  
the program



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Athletes will practice with appropriate coaches at appropriate areas throughout practice

-We have a structured practice plan that no time is wasted at practice-



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All athletes will be dismissed with their training group at the same time

\*no cell phones at practice\*



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JV vs. Varsity

Every runner is given the chance to perform and compete throughout the season.



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JV vs. Varsity

Athletes designated for Varsity will  
train on Wednesdays before meets  
unless a run-off is needed

# Indoor Meet: Last Chance Invitational @ Birmingham Crossplex

January 31-February 1

Select Group from team invited

(Extra fee to be paid for travel expenses-Bus/Hotel/Dinner)

## Meet Expectations

- Athletes will be on time for bus/home meet & follow team itinerary
- Athletes will be properly dressed in team gear during warm-ups
- Athletes will be prepared for the meet having race gear & spikes
- Athletes will be prepared for the meet eating appropriately
- Athletes will show good sportsmanship win/lose while representing Allatoona
- Athletes will respect ALL athletes & coaches while representing Allatoona



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Team Dues  
\$375

\*\$225 payments tonight guarantees Feb. 9<sup>th</sup> delivery\*  
All Gear/Uniforms are the property of the athlete

Non-Athletes are not allowed to wear our gear in  
season





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## TRACK & FIELD

### Team Dues

**NEW TO TRACK**

**\$390**

**RETURNING TRACK**

**\$350**

Registration tonight guarantees Feb. 9<sup>th</sup> delivery\*  
All Gear/Uniforms are the property of the athlete

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season



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## Team Dues

<b>NEW TO TRACK</b> <b>\$390</b>	<b>RETURNING TRACK</b> <b>\$350</b>
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New Website for Registration  
[allatoonarunning.com](http://allatoonarunning.com)



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In the News

Calendar

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Hosted Meets

Assets

Dibs



# ALLATOONA RUNNING

Home of Allatoona HS Cross Country & Track Programs

## MANDATORY HS TRACK & FIELD SEASON KICKOFF MEETING

December 11th

7:00pm

AHS Cafeteria



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## **Gear Includes:**

**New:**

UA Warm-Up Hoodie

UA Warm-Up Joggers

Dri-Fit L/S Shirt

UA Competition Bottoms

UA Race Top

**Returning:**

UA Warm-Up Hoodie

Dri-Fit L/S Shirt

UA Competition Bottoms

UA Warm-Up Jogger-New



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Team Dues Cover:

Gear

Coaches

Traveling Expenses

Meet Entry Fees

Allatoona Athletics Fee/Athlete

Does not cover entire budget!



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## TRACK & FIELD

## Booster Club Officers

President  
Vice President  
Treasurer  
Secretary  
Member At Large

Chuck Saleeby: [allatoonarunning@gmail.com](mailto:allatoonarunning@gmail.com)  
Marlo Koehler: [ahsvicepresident.trackxcountry@gmail.com](mailto:ahsvicepresident.trackxcountry@gmail.com)  
Gary LaPointe: [ahstreasurer.trackxcountry@gmail.com](mailto:ahstreasurer.trackxcountry@gmail.com)  
Kari Reeve: [allatoonaxctracksec@gmail.com](mailto:allatoonaxctracksec@gmail.com)  
Jerry Magaw: [Jerry.magaw@gmail.com](mailto:Jerry.magaw@gmail.com)





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Next Parent Mandatory Meeting:  
Wednesday, January 29 @ 7 PM in the  
Cafeteria