



Helpful hints for new or old athletes joining track and parents:

Head Coach: Roxane Miller

Assistant Coaches: Jeff Miller, Ryan Schneider, Shelby Beethe, Brandon Peters

Team Philosophy:

In the Track and Field program at Oakes High School, we believe that our sport is lifelong; and the foundation of our sport is a positive attitude and a desire to work daily to become the best you can be. You spend your life running, jumping, and throwing; we want you to work to do it better. We value consistency, stability, effort, and growth. Our mission is to walk beside and to help you grow into a person that can change the world.

“It’s not how good you are, it’s how good do you want to be?” -Unknown

Team Quote:

“It is not the critic that counts not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory or defeat.” -**President Theodore Roosevelt**

What you can expect from Coaches:

1. We will get you prepared.
2. We will believe in you and what you can become.
3. We will be committed to the team.
4. We will care and be respectful.
5. We will work for your success.

What Coaches expect from Athletes:

1. Commitment to the team!
2. Believe in yourself!
3. To do your best, all the time and everywhere!
4. Care!
5. Work hard!

Communication:

We will be communicating with the kids by using the Band app, which is free. I will also be sending out information by email weekly to them on practice plans, any changes and with meet information.

Parents:

I will be sending weekly emails and any changes by email. So, make sure the school or I have your updated email and tell me or have your child tell me if you are not receiving them. If you ever have questions or problems, please send your child to me, and if it is not resolved, the next chain of command would be our A.D. Robin Paul.

There are many reasons kids want to be out for track:

Some are out because they want to be with their friends, others are out because they like to compete and want to make it to state track, and some just want to stay in shape for other sports.

Whatever the reason, please support them and allow them to enjoy their time. Let them find what events they want to do; we will work with them to try and help guide them and try to find events that best suit their abilities. Sometimes events change from when they are in Jr. High to High school and their bodies change as well.

Shoes: A pair of good shoes is all they need to start the season. Spikes are good if they know what events they are in. We have a ton of spikes that have been given to us by other kids that they can look through as well if they need them also.

Other information:

- We bought new uniforms last year and if they are lost or not turned in your child will have to pay to replace them. So, please help them take care of their uniforms.
- Track pictures TBD!
- Clothing order is coming soon! You do not have to order anything if you do not want to.
- Possible morning practices: March 16th - 6:30 a.m. **only 9-12**; March 21st TBD
- **Scheels coupons** are in the office and on the Band app. You may purchase shoes, clothes, anything that they want to use for running, jumping, or throwing. Online there is a glitch, so instructions are on the Band app on how to make the discount work for what you need. In store it works if you just show the coupon. Any questions feel free to ask.

Trainers: We are lucky to have Nikki and Bobby Knodel as our Athletic Trainers. Please have your child tell us or let them know when they are hurt or injured. Any questions please let us know.