



2022
Thousand Oaks
Track and Field

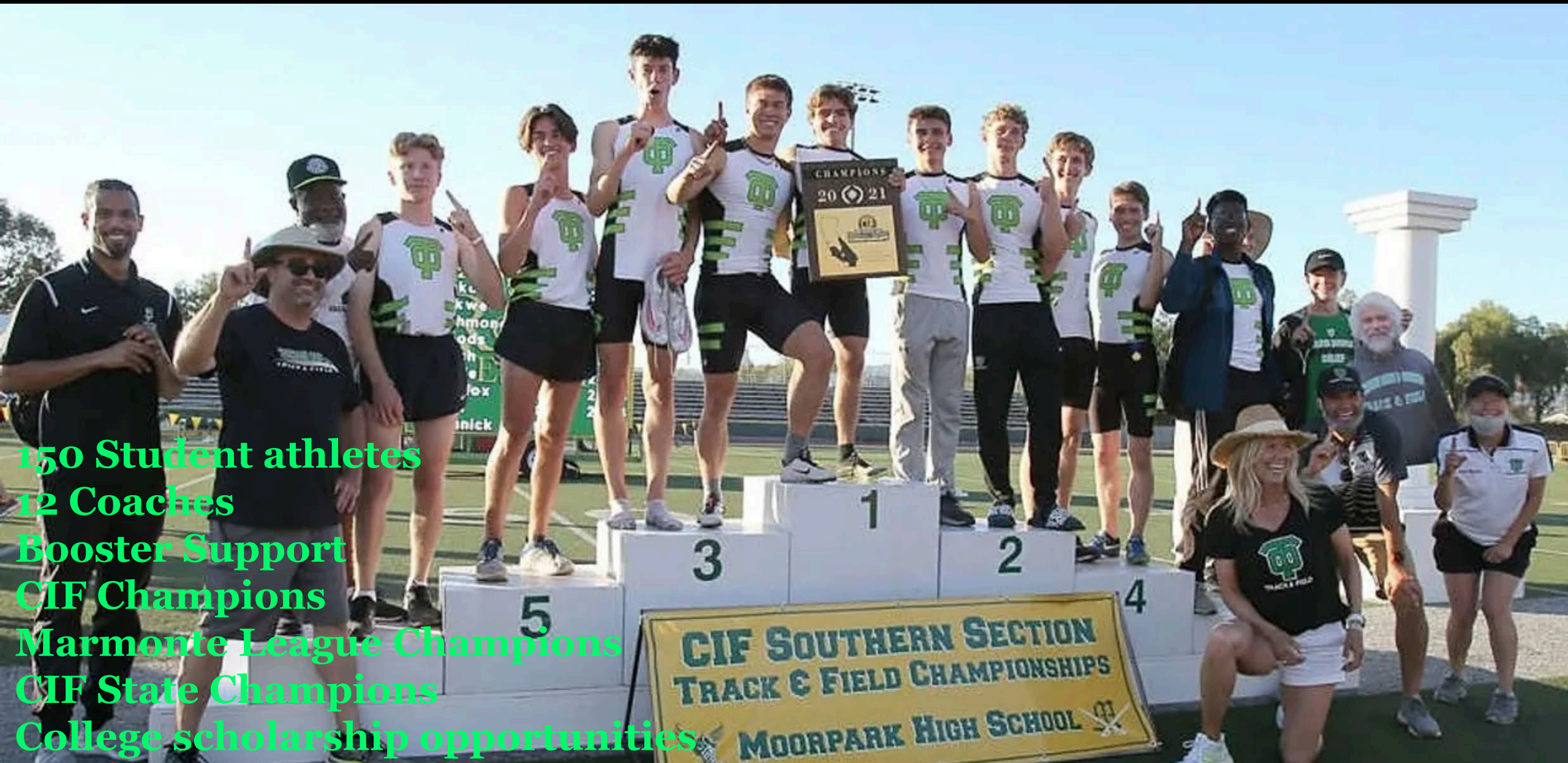


Champions



Champions

Who is TOHS Track and Field



- 150 Student athletes
- 12 Coaches
- Booster Support
- CIF Champions
- Marmonte League Champions
- CIF State Champions
- College scholarship opportunities

Booster Board

President – Kyle Weber

Vice President – Christian Hayes

Secretary – Julie Reihm

Treasurer – Kim Convy

Member -at -Large -Volunteer Coordinator - Robin Williams

Member -at-Large -Concessions - Vera Egerer

Member -at- Large - Uniform Coordinator - Jocelyn Dane

Member -at-Large – Paula Thiel

Member -at-Large – Fundraising Coordinator

Member-at-Large-Media Coordinator

tohstfboosters@gmail.com

Coach Marlene Wilcox

Personal Accomplishments

- ❖ USATF Alumni Board member
- ❖ CIF State Champion
- ❖ Olympic Team member
- ❖ All American
- ❖ 5 times NCAA Champion
- ❖ TOHS Graduate

Mission Statement

To provide an inspiring environment for each athlete to pursue personal excellence while being apart of a thriving team culture.

Coaching Accomplishments

- ❖ USATF Level 2 Coaching certification
- ❖ 15 yrs. high school Exp.
- ❖ 23 CIF Champions
- ❖ 2021 Marmonte Team Championship
- ❖ 2021 CIF Team Championship
- ❖ 2 State Champions
- ❖ Multiple Podium appearances at the State and Regional levels
- ❖ Facilitated over 1.9 million in college scholarships

Meet the Coaches



Marlene Wilcox
Head Coach Sprints
and Hurdles



Harold Suggs
Horizontal
Jumps/Sprints



Rand Yudelevich
JV Sprints/Stats



Hunter Diaz
Throws



Andy Thompson
Distance



Sarah Fitzgerald
Assistant-Distance



Julie Harding
Assistant-Distance



Kevin Burnett
Pole Vault



Marc Orfanos
Vertical Jumps

Meet the Coaches



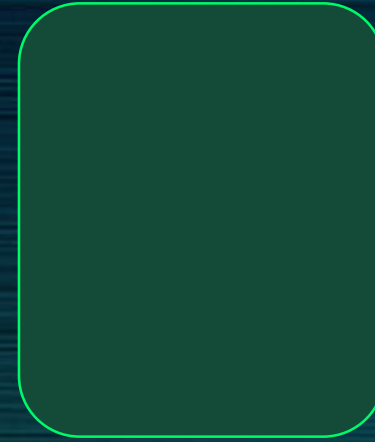
Jill Savege
JV Sprints/Mid
Distance



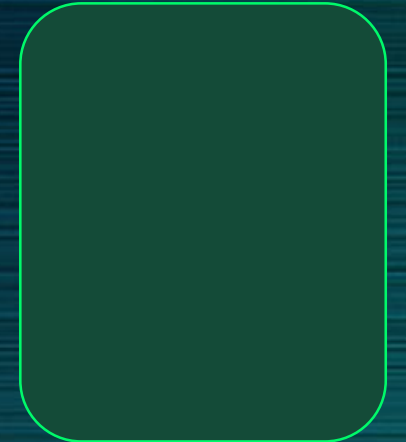
Todd Bersley
Assistant-
Distance



Khalil Paden
Sprints



Luke Knie
High Jump



Ian Tiedje
Distance

Things to Do

- Registration
- Uniform
- Athletic Clearance
- Academic Eligibility

Team Uniforms



Singlet (Unisex)



Compression Singlet
(Women's)



Tech Tee
(Men's)



Compression Singlet
(Men's)



Compression Shorts
5" W



Compression Shorts
8" M



Long Shorts
M



Split Short
Distance
M/W



Compression Short
3" W

Uniform Selection

Athletes must have a TOHS-issued uniform (top and bottom) to be worn in competition.

Uniforms are ordered on the Registration Form Online.

Select one top and one bottom.

Suggested First Year Uniform:

- Regular Singlet (Men/Women)
- Long Shorts (Men)
- 3" Compression Shorts (Women)
- Split Short (Distance/Men)

Recommended :

8" Compression Shorts (Men)- Solid Black – Purchase is not required through TOHS T&F



Spirit Wear

- ❖ Sweat Suit 2 piece – Coming Soon
- ❖ Sweatshirt - \$40.00
- ❖ Trucker hats- \$25.00
- ❖ Beanies— Coming Soon
- ❖ Backpacks/duffle bag- \$35.00

- ❖ ORDER ONLINE:

- ❖ <https://www.cognitofirms.com/TOHSTrackAndField1/TOHSTRACKANDFIELDORDERSPIRITWEAR>

Practice & Participation

- Spring sport
 - 6 days a week including Saturdays
- **Practice is Mandatory from this point on...** Please make all outside commitments and/or appointments from conflicting with practice time.
- Coaches/practices are broken up by event disciplines ie; **sprints, hurdles, jumps, pole vault, throws, distance and mid-distance**. Each Coach will be dictating their own group or groups practice time and location predicated on their conditioning program, access to facility and skill set. Many disciplines will have staggered starting times to maximize training opportunities. These groupings may change depending on the individual needs of each athlete. Once we enter the end of February things will most likely settle in because we will have total access to the track and will not have to share the facility with boys and girls soccer.
- **Your support and commitment will dictate the success of Season.**



Equipment

- Training shoes
- Spikes
- Tights
- Shorts
- Sweats top and pants
- Roller
- Jump Rope
- Hard ball
- Towel
- Spikes
- Event specific Shoes
- Spike key
- Spike bag
- Rain Jacket
- Protein Bar

TOHS Meet Schedule *Tentative*

- Sat. Feb 26** Thousand Oaks Invitational @ TOHS
(JV, Varsity)
- Fri. Mar 4** Don Green Dist. Carnival @ Moorpark
(JV, Varsity)
- Sat. Mar. 5** Don Green Invite @ Moorpark*
(JV, Varsity)
- Sat. Mar. 5** Oaks Invite @ Oaks Christian
(Varsity)
- Fri. Mar. 11** Redondo Nike Track Festival*
(Frosh/Soph, Varsity)
- Sat. Mar 12** Redondo Nike Track Festival*
(Frosh/Soph, Varsity)
- Thur. Mar. 17** Dual Meet @HM Calabasas
- Sat. Mar. 19** Mo Greene Invite @ Oaks Christian
(Varsity)
- Thur. Mar 24** Dual Meet @ Oaks Christian
- Fri. Mar. 25** Simi Invite @ Simi HS* (JV/Varsity)
- Sat. Mar. 26** Simi Invite @ Simi HS*(JV/Varsity)
- Thur. Mar 31** Dual Meet @ HM Westlake
- Thur. April 7** Dual Meet @ HM Agoura
- Fri. April 8** Tiger Invite @ So. Pasadena HS*
(Frosh/soph Varsity)
- Fri. April 8** Arcadia Invite * (Varsity)
- Sat. April 9** Arcadia Invite* (Varsity)
- Thur. April 14** Dual Meet @ Newbury Park
- Fri. April 15** Mt. Sac Relays* (Varsity)
- Sat. April 16** Mt. Sac Relays* (Varsity)
- Fri. April 22** Ventura County Champs* (JV,Varsity)
- Playoffs
- Tue. April 26** Marmonte League Prelims*
- Thur. April 28** Marmonte League Finals
- Sat. May 7** CIF Prelims
- Sat. May 14** CIF Finals
- Sat. May 21** CIF Masters
- Fri. May 27** CIF State Prelims
- Sat. May 28** CIF State Finals



League Meet Expectations

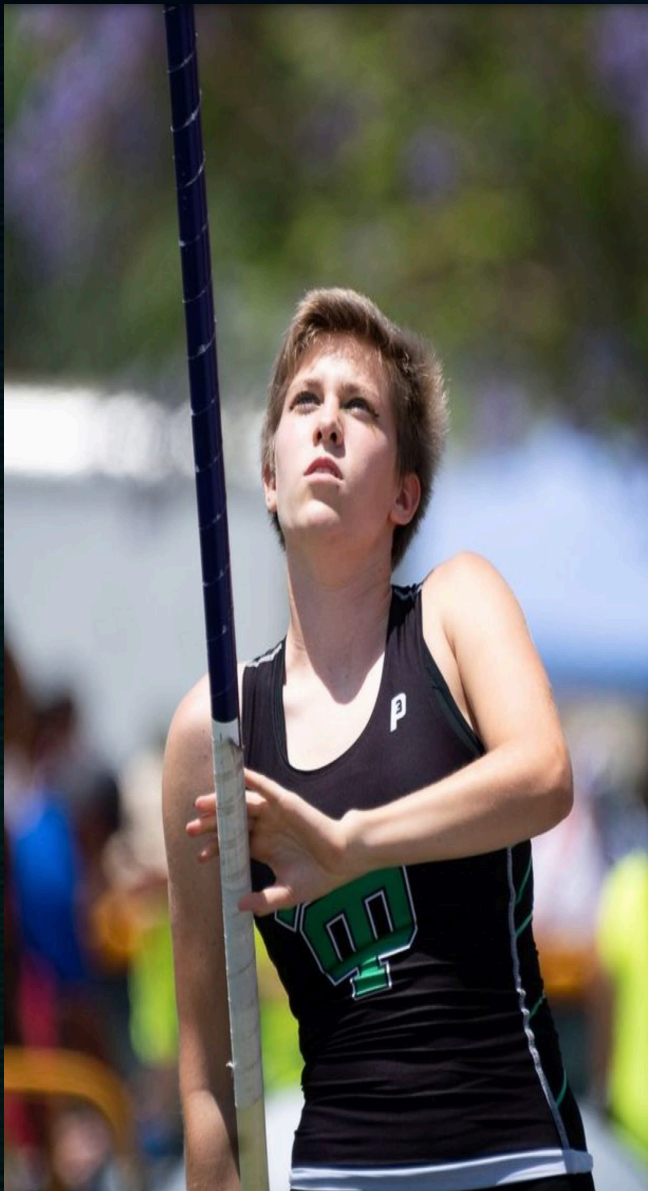
- League meets
- Preparation
 - Sleep/Nutrition
 - Pack food and water
 - Money
 - On school days
 - Early dismissal
 - Buss transportation
 - 1:00pm departure 6:00-7:30 return
 - Meet typically starts at 3:00pm
 - Everyone must ride the bus to the meet
 - You must have written front office clearance to ride home with a parent or guardian
 - Everyone participates as either a spectator or competitor .

- If you are injured you are expected to work the meets and support your teammates
- Varsity / Junior Varsity Divisions

WEATHER- Track and Field is an

ALL WEATHER SPORT

- Wear warm up gear
- Dress in layers
- We will run in the rain/heat/wind/blizzards



Invitational Meet Expectation

- Invationals Fridays/Saturdays
 - All day/ limited bus transportation provided
 - Time schedule varies: order of event or stated time schedule (*meets can run ahead or behind schedule)
 - Must arrive 1 1/2 hours before your scheduled event
 - Spectator fees/parking fees
 - Thousand Oaks Invitational and Don Green Invitational (Open)
 - Must meet qualifying standards to participate.
 - Invite/Open/JV/Frosh Soph
 - You are responsible for bringing your own nutrition and water



February 26, 2022

- 2022 Season Opener
- Invitational, Open & JV Divisions
- Elevated Pole Vault Runway
- Two High, Long & Triple Jump Pits
- 4x100, 4x800, SMR, DMR, 4x400
- Throwers 4x100 Relay
- Backpack's to 1st Invitational and Varsity
- Medals Individual events 1st-5th
- Medals Relay events 1st-3rd





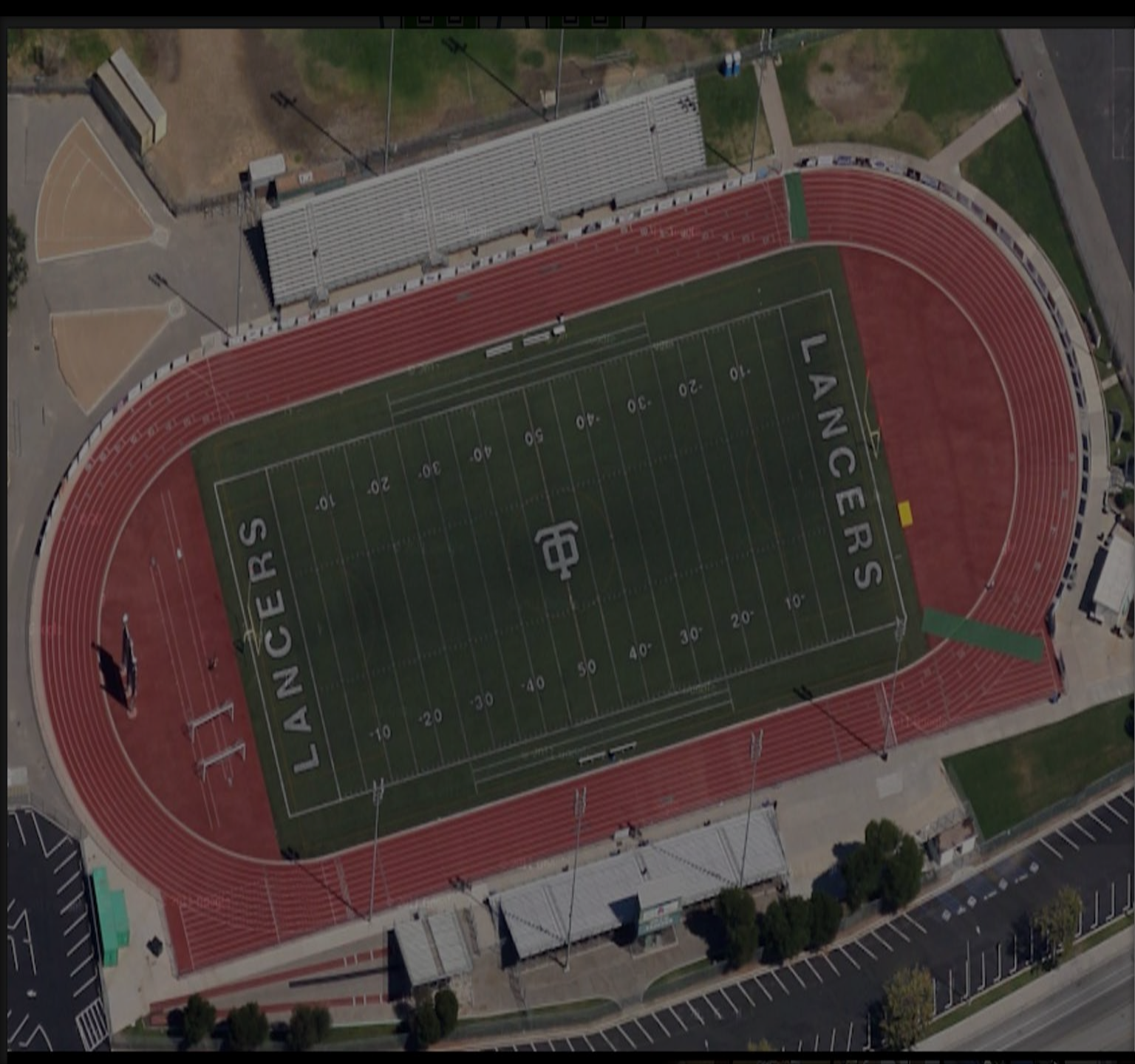
or Signups in Signup Genius

www.signupgenius.com/go/60b0e49a8a82ea46-2022

- FREE ADMISSION TO THE MEET
- BEST SEATS IN THE HOUSE!
- 2-HOUR SHIFTS
- BREAK TO WATCH YOUR ATHLETE



- Some of the Many Volunteer Positions Available:
- Gate Monitors
- Blocks and Hurdle Setup
- Concessions and Merchandise
- BBQ Grill Masters!
- Field Event Assistants
- Awards Table
- Athlete Staging
- Setup and Breakdown



Stadium Banner

2022 TRACK AND FIELD STADIUM BANNERS

The Thousand Oaks Boys and Girls Track and Field Program appreciate your support! To maintain our highly successful program it takes an enormous amount of commitment from the athletes, coaches, parents and community.

The cost of the banner is \$600.00.. Banners are displayed one full year starting March. Banners are 4' (height) X 8' (long) and will accommodate your artwork.



Simi Valley Track & Field

Track and Field, Simi Valley High School - Leaders: Ryan Ballani Steve Ringgold 7yr period AVID 9 Distance Track Jumpers Track Sprinters Track & Field



Thousand Oaks Track and Field

Track and Field, Thousand Oaks Track and Field Booster Club - Leaders: Kyle Weber Ryan Ballani Marlene Wilcox



Righetti Track and Field

Track and Field, Ernest Righetti High School - Leaders: John Hollinshead Ryan Ballani Distance Track Jumpers Track Throwers Track & Field Sprinters Track & Field Antonio Gayfield



Nordhoff Track and Field

track_and_field, Nordhoff High School - Leaders: Dave Settem Ryan Ballani 7yr period AVID 9 AVID 11 3rd Period AVID 9 5th Period AVID 10 Shawn Jackson



Royal High School Track and Field

track_and_field, Royal High School - Leaders: Tony Valdez Ryan Ballani 7yr period AVID 9 AVID 11 3rd Period AVID 9 5th Period AVID 10 Sprinters Track & Field



Snap Raise



THE GAME PLAN: (Start onboarding 3/2)

Step 1

Print out the QR Code in this email.

Have everyone in the program scan the QR code and create accounts and profiles. *

Add first and last name, phone number and photo.

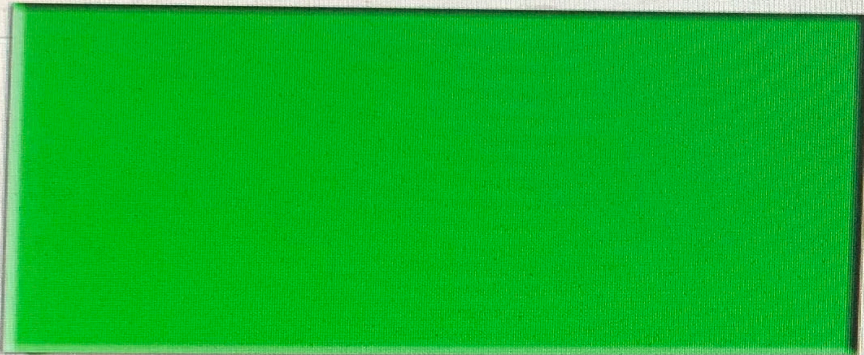
Step 2

Load 20 emails on your account during the onboarding period.

Stadium and School Records Memorial Fundraiser



THOUSAND OAKS HIGH SCHOOL TRACK AND FIELD RECORDS



TRIPLE JUMP
HIGH JUMP
POLE VAULT
SHOTPUT
DISCUS

4X100M RELAY

4X400M RELAY

LONG JUMP
TRIPLE JUMP
HIGH JUMP
POLE VAULT
SHOTPUT
DISCUS

4X100M RELAY

4X400M RELAY

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Communications

Athlete/Coach Communications:



- Team Snap – Download App, Request Invitation by Emailing Coach Wilcox (tocoachmarr@gmail.com)
 - Primary Coach-Athlete Communication Channel:
 - Practice and meet updates
 - Important and urgent information from Coaches
 - Parents may join.
 - Please ensure all athletes are registered!

Parent/Coach/Boosters:

- TOHS Track and Field Website
 - <https://tohstrackandfield.com>
- Twitter @tohstrackfield 
- Email Distribution List – Add your email to the Track and Field Distribution List by contacting Kyle Weber, President (tohstrackboosterprez@gmail.com)

Important Dates

- ❖ January 30, Last day to register
- ❖ February 15, Bad Ass Tacos: Team Bonding
Uniform pick up “Fundraiser”
- ❖ February 16, Meet Set up
- ❖ February 26, TOHS Invitational
- ❖ March 2, Team Snap On board
- ❖ March 7, Team Snap Launch
- ❖ June 2, Banquet location TBA