



TOHS Track and Field Parent Night

November 10, 2021



Champions



Champions

Zoom Meeting Rules

- All Participant lines will be in listen-only mode.
- Please submit questions using the Zoom chat box.
- Clarification questions will be answered during topic discussion; all other questions will be addressed in Q&A Session at the end of the meeting.
- Copies of all documents from this meeting will be available on the TOHS Track and Field Website (www.tohstrackandfield.com)
- **THANK YOU FOR ATTENDING! LET'S HAVE A GREAT SEASON!**

Meeting Agenda

- Welcome – Marlene Wilcox and Kyle Weber
- Brian Banducci - TOHS Athletic Director
- Introduction of 2021-2022 Booster Club Board
- Coach Wilcox – Coach Introductions and 2021 Season Overview
- Guest Speaker Fleet Feet – Footwear for Track and Field
- Communication for Athletes and Parents
- Athletic Clearance/ Track Registration/Uniforms and Spirit Wear
- Volunteer Opportunities/Thousand Oaks Invitational Track Meet
- Fundraising
- Parent Q & A

Welcome Brian Banducci – TOHS Athletic Director

Brian brings a wealth of athletic and administrative experience to TOHS. Brian played football at the University of Pacific before transferring to UCSB to finish his undergraduate degree and holds a master's degree from Grand Canyon University. He began his career as a teacher, coach and Athletic Director in the Santa Monica Malibu Unified School District before moving to Crespi High School to begin his administrative career. After 10 years at Crespi, Brian moved to CHAMPS Charter School in Van Nuys where he was an assistant principal since 2014.

2021-2022 Booster Club Board

President – Kyle Weber

Vice President – Christian Hayes

Secretary –Julie Dominguez

Treasurer – Kim Convy

Communications/Member At Large

Uniforms/Member-At-Large

Concessions/Member At Large

Volunteering

NO Experience Necessary!

TOHS Track and Field relies on parent volunteers to make our home meets and our entire program successful. The T.O. Invitational is a premier season kickoff meet and we hosted over 1,000 athletes in 2020.

Volunteers are needed in all areas!

- Field Event Support
- Gatekeeping/Monitoring
- Results/Awards
- Hospitality/Snack Shack
- Merchandise Sales

Training provided. Volunteers are relieved from duties to watch their athletes compete 😊

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

2021-22 Team Captains



Jeremy Frank
Hurdles



Matthew Crellin
Sprints



Shelby Richmond
Sprints



Katie Edwards
Jumps/Sprints



Powell Williams
Jumps



Shane Grey
Pole Vault



Claire Goyette
Pole Vault



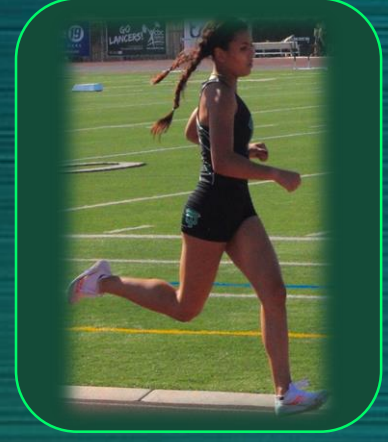
Wyatt Nowak
Throws



Alex Farfaras
Throws



Turner Hayes
Distance



Mikayla Weber
Distance

Welcome
Jeff Vannini



AGOURA HILLS

[30125 Agoura Rd. Agoura Hills, CA 91301](#)

2021-22 Team Syllabus



Goals



Practices



Meets



Divisions



Expectations



Grading



Equipment



Meet Schedule


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 
- Weekly Email through MailChimp – Add your email (Subscribe) to the Track and Field Distribution List by contacting Kyle Weber, President (tohstrackboosterprez@gmail.com)

Athletic Clearance

The athletic clearance process **MUST** be completed **BEFORE** your athlete will be able to practice or compete.

Forms and Step by Step Instructions are available at <https://tohsathletics.org/athletic-clearanceforms-2/>

Step 1: Get a Physical or Sports Clearance from any doctor. Use the form located on tohsathletics.org website.

Step 2: Create an online account at athleticclearance.com and click on the California icon. Click on the “Register” button.

Physical and Athletic Clearances are valid for 12 months from date of the exam.

The Athletic Clearance process is managed by the TOHS Athletic Department.

Registration

TOHS Track and Field Registration and Uniform Ordering is paperless. Register by November 30, 2021

Please register now, even if your athlete is currently participating in another sport for Track Program planning purposes (Staffing, uniforms, equipment).

Step 1: Access OnLine Registration at <https://tohstrackandfield.com> - Forms

Step 2: Registration is in a Cognito Form format and covers:

- Athlete and Parent Information
- Athlete and Parent Review and Acknowledgement of Syllabus
- Uniform Selection
- Fundraising Acknowledgement
- Payment – Uniform and Team Donation
 - Uniform Payment - \$100
 - Requested Donation - \$175
 - Installment Payment Option Available (3 Payments with Square)

Team Uniforms



Singlet (Unisex)



Compression Singlet
(Women's)



Tech Tee
(Men's)



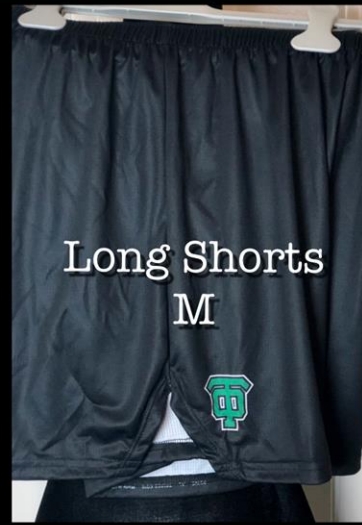
Compression Singlet
(Men's)



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

EASTBAY ONLINE STORE – NOV 11 THROUGH NOV 24TH

Spirit Wear is *optional* and includes team t-shirts, sweatshirts and warmups.

Spirit Wear is ordered through the Eastbay Online Team Store.

Orders are shipped directly to home address – estimated arrival time is late December.

Warmups and/or sweatshirts are strongly recommended due to field conditions, time of day, and temperature fluctuations at practice and competition.

Track and Field Events

Individual Running Events

- 100 meters
- 200 meters
- 400 meters
- 800 meters
- 1600 meters
- 3200 meters

Field Events

- Long Jump
- Triple Jump
- High Jump
- Pole Vault
- Shot Put
- Discus

Hurdle Events

- 100 meter Hurdles 30” Girls JV
- 100 meter Hurdles 33” Girls Varsity
- 110 meter Hurdles 36” Boys JV
- 110 meter Hurdles 39” Boys Varsity
- 300 meter Hurdles 30” Girls JV, Varsity
- 300 meter Hurdles 36” Boys JV, Varsity

Relays

- **4x100 relay**
- 4x200 relay
- **4x400 relay**
- 4x800 relay
- 4x1600 relay
- Sprint medley (100,100,200,400)
- Distance Medley (400,800,1200,1600)

TOHS Meet Schedule

**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

Sat. Mar 26 Nike Chandler Invite, AZ* (Varsity)

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

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
- Backpacks to 1st Invitational and Varsity
- Medals Individual events 1st-5th
- Medals Relay events 1st-3rd

Dates and Deadlines

- 1. Spirit Wear Orders – Nov. 11-Nov. 24, 2021**
- 2. Online Registration and Uniform Order – November 30, 2021**
- 3. Athlete Physical and Athletic Clearance – December 31, 2021**
- 4. Spirit Wear Distribution – Late December 2021**
- 5. Mandatory Team Meeting January 12, 2022**
- 6. Uniform Distribution and Restaurant Night – February 15, 2022**
- 7. Thousand Oaks Invitational Track Meet – February 26, 2022**

TEAM BONDING

BEACH WORKOUT
&
PICNIC

December 11, 2021



HOLLYWOOD BEACH, CHANNEL ISLAND

Fundraising

Donations and fundraising ensure continuation of the highest quality program for our Track and Field athletes.

TOHS Track and Field depends on the donations of our families and fundraisers throughout the season to provide a quality experience for your athletes and cover expenses not paid by the District, such as coach stipends, equipment, and meet entry fees.

- **Planned Fundraisers:**
 - Uniform Pickup Restaurant Night at Bad A\$\$ Tacos (Date TBD)
 - SnapRaise – Athletes can connect with Friends and Family in other locations
 - T.O. Invitational Sponsorship Opportunities (Businesses and Families)
 - Record Board Monument Project

Suggestions for fundraisers are welcome! Contact the Boosters or Coach Wilcox with ideas.

Parent Q&A
Final Remarks