



TOHS Track and Field Parent Night

January 13, 2021: New and Incoming Athletes

January 14, 2021: Returning Athletes

January 13 and 14, 2021

Marlene Wilcox, Head Coach

Kyle Weber, Booster Club President

Zoom Meeting Rules

- All Participant lines will be in listen-only (muted) 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
- Brad Cook - TOHS Athletic Director
- Introduction of 2020-2021 Booster Club Board
- Coach Wilcox – Coach Introductions and 2021 Season Overview
- Guest Presentation – Footwear for Track and Field
- Communication for Athletes and Parents
- Athletic Clearance/ Track Registration/Uniforms and Spirit Wear
- Volunteer Opportunities
- 2021 Thousand Oaks Invitational Track Meet
- Fundraising
- Parent Q & A

Brad Cook – Athletic Director

California Interscholastic Federation



EDUCATION-BASED ATHLETICS

COVID-19 MODIFICATIONS

- Information is current as of January 12, 2021
- [CDPH Youth Sports Guidelines](#)
- CIF Guidelines will be adjusted weekly
- In the event of a positive test for COVID-19, schools will follow the current [CDPH Guidelines for Schools](#)
- Any student-athlete testing positive for COVID-19 may not return to practice or competition until cleared by their physician
- Schools must still follow all guidelines from their local county and the governing board of their school district or private/parochial school

CIF Season 1 Sports (January - April):
Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

January 12, 2021
County Tier Status

CIF Season 2 Sports (March - June):
Badminton, Baseball, Basketball, Competitive Sport Cheer, Golf, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, Boys Volleyball, Wrestling

*Please refer to respective CIF Sections for verification of seasons of sport

WIDESPREAD

Sports allowed in this tier: Cross Country, Golf, Skiing/Snowboarding, Swimming & Diving, Tennis, and Track & Field.

SUBSTANTIAL

Sports allowed in this tier: Baseball, Field Hockey, Girls Lacrosse, and Softball.

MODERATE

Sports allowed in this tier: Badminton, Football, Gymnastics, Boys Lacrosse, Soccer, Volleyball, and Water Polo.

MINIMAL

Sports allowed in this tier: Basketball, Competitive Cheerleading, and Wrestling.



Physical conditioning, practice, skill building, and training that can be conducted outdoors, with 6-feet of physical distancing, and within stable team cohorts are currently authorized for all sports regardless of county tier status. Such activities may be conducted indoors consistent with the Gym & Fitness Center Guidance Capacity. In counties under the Regional Stay at Home Order, only activities consistent with the sentence above are permitted, regardless of the county's tier status.

Competition between two teams will not be allowed in California until January 25, 2021, at the earliest. Once return to competition is allowed every participating school's county must also be in the authorized tier status for the respective sport in order to compete.

- COVID Protocol – Decision Making Process
- California COVID Case Surge – How will Athletics be impacted?
- Other Concerns (Vaccinations, Timelines)

2020-21 Booster Club Board

President – Kyle Weber

Vice President – Christian Hayes

Secretary – Donna Rauch

Treasurer – Kim Convy

Communications/Member At Large – Julie Dominguez

Uniforms/Member-At-Large – Patti Croke

Concessions/Member At Large – Joana Hernandez

Member At Large – Sylvia Sarisky

Meet the Coaches



Head Coach/Sprints/Hurdles
Marlene Wilcox



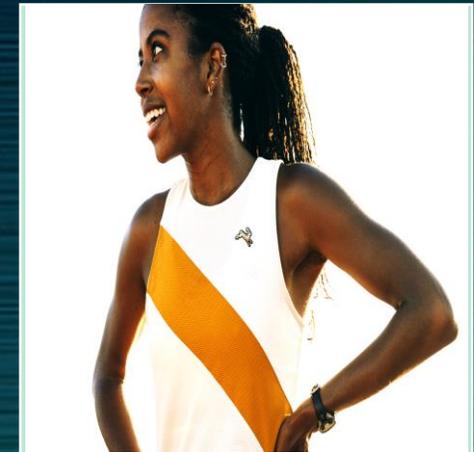
Horizontal Jumps, Sprints
Harold Suggs



JV Sprints/Stats
Rand Yudelevitch



Throws
Hunter Diaz



Mid Distance
Kamilah Journey



Distance
Andy Thompson



Assistant Distance
Sharlene Caldwell



Pole Vault
Kevin Burnett



Assistant Pole Vault
Brianna Hershman

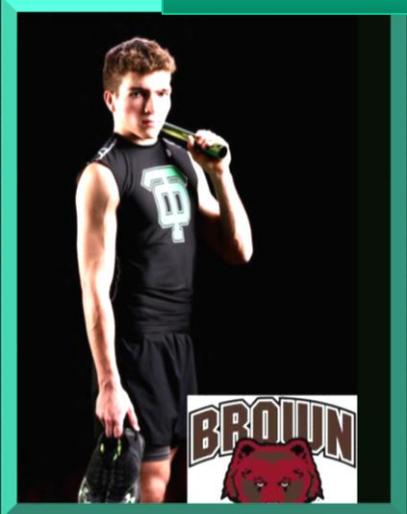


High Jump
Marc Orfanos

2021 Team Captains



Colin Quinn
Sprints



Danny Sarisky
Sprints



Ryan Tischhauser
Hurdles



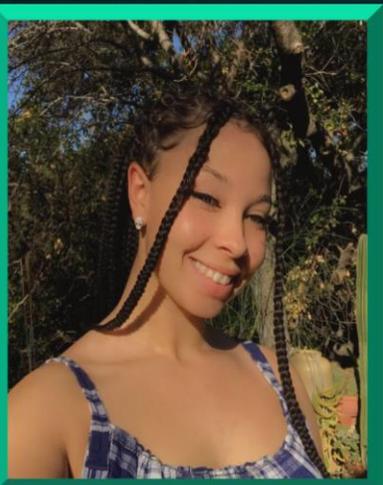
Shelby Richmond
Sprints



Gabby Htway
Jumps



Shane Grey
Pole Vault



Jaelyn Lee
Throws



Wyatt Nowak
Throws



Macy Rose Lee
Distance



Kiara Benioff
Mid Distance



Michael Cooper
Distance

Track and Field Events

Individual Running Events

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

Field Events

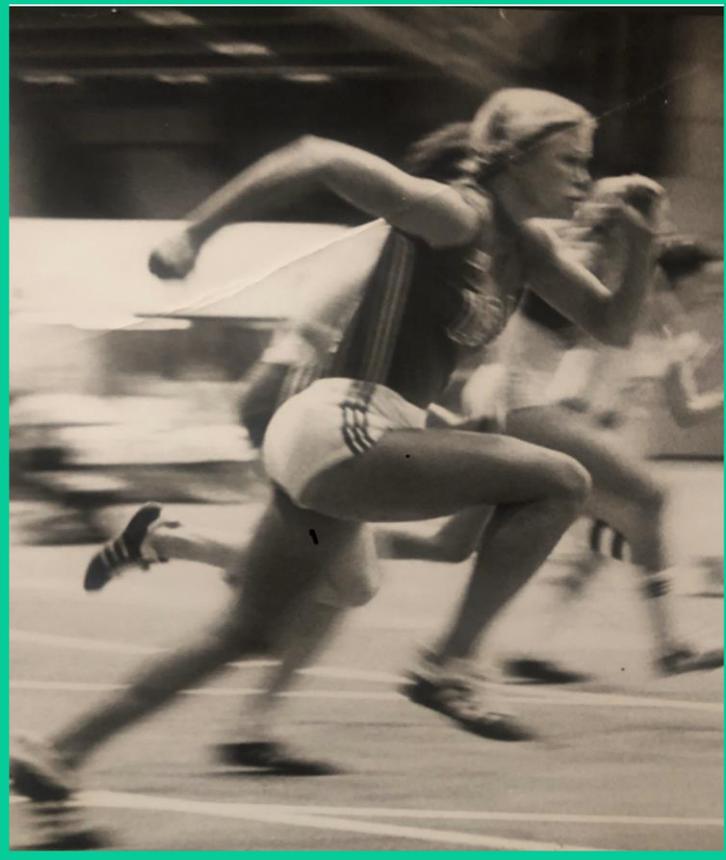
- Long Jump
- Triple Jump
- High Jump
- Pole Vault
- Shot Put
- Discus

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)



Coach Marlene Wilcox

Personal Accomplishments

- ❖ 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

- ❖ 14 yrs. high school Exp.
- ❖ 20 CIF Champions
- ❖ 2 State Champions
- ❖ Multiple Podium appearances at the State and Regional levels
- ❖ Facilitated over 1.7 million in college scholarships

TOHS Meet Schedule

Sat, Mar 20

Sat, Mar 27

Sat, April 03

Sat, April 03

Sat, April 10

April 9/10.

Sat, April 10

Wed. April 14

Sat April 17

Wed. April 21

April 23/24.

Wed. April 28

Wed. May 5

Fri/ May, 07

Don Green Invitational @ Moorpark HS

Thousand Oaks Invitational @ TOHS

Long Beach Relays (Varsity)

@ LB Wilson HS

Ventura Relays (JV, Varsity) @ Ventura HS

Redondo Nike Invitational (Varsity and JV)

@ Redondo Union HS

Simi Valley Invitational (Varsity and JV)

@ Simi Valley HS

Tri Valley Invite (JV) @ Moorpark HS

(tentative)

Dual Meet @ HM Oaks Christian

Spartan Relays @ Rio Mesa

Dual Meet @ Westlake

California Relays @ LB Wilson HS

Dual Meet @Agoura

Dual Meet @Calabasas

Tiger Invitational (Frosh Soph, Varsity)

@ Pasadena HS

May 07/08

Wed. May 12

Fri/Sat May 14/15

Monday May 17

Thur. May 20

Fri. May 21

Sat. June 5

Sat. June 12

Sat. June 19

Fri/Sat June 25/26

Arcadia Invitational (Varsity)

@ Arcadia HS

Dual Meet @ TOHS vs Newbury Park

Mt Sac Relays @ Mt Sac College

Marmonte League Prelims

Marmonte League Finals

Ventura Championships

CIF Prelims @ TBA

CIF Finals (Divisional) @ TBA

Masters @ El Camino College

CIF State Championships

@ Buchanan HS

2021 Team Syllabus



Goals



Practices



Meets



Divisions



Expectations



Grading



Equipment



Meet Schedule

FUTURE TRACK - MILE 26

RUNNING CO. // // // // // // //

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Ventura, CA 93001**

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)

Dates and Deadlines

- 1. Athlete Physical and Athletic Clearance – January 19, 2021**
- 2. First Day of Practice – January 19, 2021**
- 3. Online Registration and Uniform Order – January 29, 2021**
- 4. Spirit Wear Orders - February 5, 2021**
- 5. Spirit Wear Distribution – Early March, 2021**
- 6. Uniform Distribution – Mid-March, 2021**
- 7. Don Green Invitational Track Meet – March 20, 2021**
- 8. Thousand Oaks Invitational Track Meet – March 27, 2021**

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 in 2021! Register by January 29, 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>

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

- Athlete and Parent Information
- Uniform Selection
- Fundraising Acknowledgement
- Payment – Uniform and Team Donation
 - Uniform Payment - \$100
 - Requested Donation - \$150



Singlet
M/W



Shimmel
Compression Singlet
W



Tech Tee
M



Split Short
Distance
M/W



Compression Shorts
5" W



Compression Shorts
8" M



Long Shorts
M



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)

Recommended (Additional Cost):

8" Compression Shorts (Men)



Spirit Wear

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

Spirit Wear is ordered through the Eastbay Online Team Store.
<https://eastbaystore.com/OFTS8781?reload=true>

Orders are shipped directly to home address – estimated arrival time is mid-March.

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

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**
- **Merchandise Sales**

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

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 Pizza Night (TBD, Tentative)
 - SnapRaise – Athletes can connect with Friends and Family in other locations
 - T.O. Invitational Sponsorship Opportunities (Businesses and Families)
 - TOHS Stadium Banner Program

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

Parent Q&A

Final Remarks