



R&L Fusion



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Dear Track Parents,

The track season is coming up fast along with the remainder of the school year. I am the head coach and feel that we have a quality coaching staff to help your child achieve his or her best. It is our job to place your child in events in which they are going to have the most success. Sometimes these events are not exactly what your child really wants to do for various reasons such as they are needed to fill a relay position, or they are not physically mature yet. We feel that it is important to keep your mind open to change especially in the early years, because there are seventeen events. We as coaches do not know how a child is going to grow or change in a given year, but we do make guesses based on where they are at this point.

This year our coaches consist of Mr. Mireles who has an extensive college background in distance running and will be working with conditioning of high school and elementary athletes in distance and mid distance races. I will be coaching the hurdles, sprinters, and helping work with relays. Mr. Day Rider is working with the throwers. I will be working with the jumpers and will be overseeing many aspects of what is being taught to the athletes. We, as coaches, have been working together to make adjustments and develop new skills as coaches. We have divided the fifth through twelfth grades by event, and we are having the upper classmen help with the elementary when possible.

Mr. Day Rider the head junior high coach, and ___ is his assistant. It would be wonderful if parents could help at the junior high and elementary track meets even if it is for a brief time. The number of students they are supervising is great and helping will allow them to give your child the help that is needed at track meets. We may be asking the board for another coach, but are still going to need parent help at elementary meets especially. We will also be asking for volunteers to help out at the district track meets so that we as coaches can help your child place as high as possible.

Coach Mireles is my assistant coach for the high school. We will be working on getting as many athletes to state as possible. This may mean having run offs for relays at the end of the year. I would like to stress that this is to get the best possible combination for the team and push each other as teammates to become better.

There have been three individuals that have expressed interest in helping with the assistant positions. If and when they do apply, we will decide where to best place them for coaching positions.

These first couple of weeks will be hectic trying to find what events each child should be working on. This is why it is important for your child to practice with a good attitude and proper practice attire (sweat pants, sweat shirt, hat, gloves, and shoes). Another aspect that needs special attention is a healthy snack before practice. Athletes cannot function their best when their energy is low. It is a long time between school lunch and practice. So please send something healthy so they can become their best.

Also having a proper fitting shoe is very important. Athletes do not perform at their best if they have poor fitting shoes and break down. This is hard to fix when time is the only remedy. I have purchased a foot measuring tool that you would find in the shoe store, because finding shoes in the area is difficult. I will measure your students' foot for length and width. Having quality shoes which fit properly is a good investment for an athlete.

In High school individuals that qualify for state will be expected to run at those events unless the coaches have come to an agreement that it is in the best interest of the athlete to not compete to save the athlete for another event that they have a better chance of placing in. This is not up to the individual, because it has taken away a spot for someone else to compete at state. They many qualify to help the team place higher at the district and divisional meets. This is a team sport with many individual characteristics. Individuals will also be expected to ride to all meets. This to help build team unity.

Also, for the benefit of the team athletes will refrain from putting down their team on social/communities on social media. If anyone is brought in to the office for this they will have a two-week suspension.

Parents and athletes should also remember that there is a mandatory two meet policy before the district meet. So please limit the number of proms and other activities as the more meets the athletes, are in the better they will perform. Often with spring weather meets may get canceled and one may not have enough meets to get to participate in the district meet.

Practice is a mandatory part of participating in meets and being part of any team absences will be looked at when developing relays. Missing more than one meet for prom will be taken into consideration when figuring out relay and missed practices. If you miss more than one meet for prom you may miss the following meet. Spring basketball tournaments are not an excused absent.

Parents and Athletes, I have included the washing instructions for the new High School uniforms. Please follow the directions. There will also me many changed to what the meets look like to Covid, so there could be many changes to the meet schedule.

Thanks for your time and support.

Larry Sommerfeld

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Home 406-774-3507

School 406-774-3333-ext 1128

Cell 406-478-0373 (I do not carry it much so it's best to get ahold of me via email. I will try to carry it on meet days.)

Joe Day Rider

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Cesar Mireless

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Important Dates:

March 9: High School Practice Starts in Lambert

March 23?: 7th and 8th grade practice starts

March 26?: Elementary practice starts

HS uniforms

ATTENTION **COACHES AND STUDENTS**

READ AND FOLLOW WASHING INSTRUCTIONS ON ALL GARMENTS

1. WASH BEFORE WEARING (2 TIMES). *This has been done in cold water only!*
2. WASH SEPARATELY (2 SETS AT A TIME) IN A LARGE VOLUME OF COLD WATER AND REMOVE PROMPTLY. **NO BLEACH OR FABRIC SOFTNER.**
3. DO NOT SOAK OR WASH IN THE SINK - WILL CAUSE COLORS TO BLEED.
4. **DRIP DRY OR MACHINE DRY LOW CYCLE.**
5. IF GARMENT IS EXTREMELY WET FROM PERSPIRATION AFTER WEARING - DO NOT WAD UP IN A BALL. WASH AS SOON AS POSSIBLE.
6. DO NOT IRON.
7. DO NOT DRY CLEAN.

GARMENTS NOT WASHED PROPERLY MAY BLEED, DISCOLOR, OR AGE PREMATURELY (ESPECIALLY DARK COLORS). WE WILL NOT BE RESPONSIBLE FOR ANY GARMENTS WASHED INCORRECTLY.

R&L FUSION TRACK 2021



Date:	Meet:	Location:	Level:	Time:	Leave:	Driver:
M, 3/15	1st day of HS practice	M,T-Lambert, W,Th,F Richey				
M, 3/22	1st day of 7-8 practice	Richey				
Th, 3/29	1st day of 5-6 practice	Lambert				
Th, 4/1	Glasgow Invite	Glasgow	HS	9:00	5:15 Lambert 5:45 Richey	
F, 4/9	Wolf Point JH Invite	Wolf Point	6-8			
S, 4/10	Wibaux Invite	Glendive	HS	10:00	Lambert Richey	
T, 4/13	Fairview Elem. Invite	Fairview	5-6			
F, 4/16	Fairview Invite	Fairview	HS			
S, 4/17	Baker Invite Glasgow JH Invite	Baker Glasgow	HS 7-8	12:00	Lambert Richey	
F, 4/23	Sidney JH Invite	Sidney	6-8			
S, 4/24	Sidney Invite	Sidney	HS		Lambert Richey	
T, 4/27	Culbertson JH Invite	Culbertson	5-8			
Th, 4/29	Fairview JH Invite	Fairview	7-8			
F, 4/30	Lambert Invite	Lambert	HS			
S, 5/1	Elks Meet	Glendive	HS			
T, 5/4	Top 10	Glasgow	HS	10:00	Lambert Richey	
Th, 5/6	Lambert JH Invite	Lambert	5-8			
F, 5/7	Wolf Point Invite	Wolf Point	HS			
S, 5/8	Miles City Invite 2-C JH Districts	Miles City Fairview	HS 5-8	9:30		
T, 5/11	2-C Districts	Lambert	HS			
Th, 5/20	Eastern C Divisionals	Sidney	HS			
F/S, 5/28-29	State AA & C	Missoula	HS			Larry

Updated 3/3/21