



2018 CIRCLE CHRISTIAN SCHOOL TRACK & FIELD



General Information

Contact Information

Head Coach: Mark Caulfield

Cell Phone: (407) 252-1863

Email: run@circlechristianschool.org

Assistant Coach: Brandy Parker

Cell Phone: (407) 928-4065

Email: bparker@summitconnect.org

Teams and Season Length

Middle School (Grades 6-8): January 22 to March 15** (Practices 3 Days a Week with option for more)

Varsity Regular Season (Grades 6-12): January 22 to April 7 (Practices 5-6 days a week with 1-2 days on own)

Varsity State Series (Grades 6-12): April 9 – May 5 (Select group based on qualifications and advancement).

**Following the Middle School Season, some athletes will be invited to extend their season on the varsity team.

Contact Information Request - New Athletes / Families, if you are going to be taking part in track & field this season, please email or text the following to Coach Caulfield: athletes name and grade (2017-18 School Year), parent's names, email addresses and all cell phone contact numbers (for important / emergency texts).

Team Communication (Facebook Team Page is main source / email is secondary source)

Closed Facebook Team Page: 2017-18 Circle CC & Track (Contact Coach Caulfield for invite)

Weekly Emails (usually Sunday evening with specific information for the upcoming week)

Non-Mandatory / Optional Pre-Season Conditioning (January 8 through January 20)

Monday 4:00-5:00 pm – Central Winds (1000 Central Winds Drive, Winter Springs) *In back by BB Court

Tuesday 4:00-5:00 pm – Cady Way (2525 Cady Way Trail, Winter Park) *Next to YMCA Pool

Thursday 4:00-5:00 pm – Cross Seminole (SW Corner of SR 434 / SR 417, Winter Spr.) *near Metro Campus

Practice Schedule (First Week – January 22 through January 27)

Monday 4:00-6:00 pm – Central Winds (1000 Central Winds Drive, Winter Springs) *In back by BB Court

Tuesday 5:00-7:00 pm – Showalter Track (2525 Cady Way Trail, Winter Park)

Thursday 5:00-7:00 pm – Showalter Track (2525 Cady Way Trail, Winter Park)

Meet Schedule

Thursday, February 15 – CFML Meet #1 (Geneva Track / Middle School Only)

Friday, February 16 – Carl Friedland Invitational (Bishop Moore)

Thursday, February 22 – CFML Meet # 2 (Geneva Track / Middle School Only)

Thursday, March 1 – CFML Meet #3 (Geneva Track / Middle School Only)

Friday, March 2 – Satellite Invitational (Melbourne)

Thursday, March 8 – CFML Meet #4 (Geneva Track / Middle School Only)

Friday, March 9 – Hawk on the Hill Invitational (Lake Mineola High School – Clermont)

Thursday, March 15 – CFML Championship Meet (Geneva Track / Middle School Only)

Friday, March 16 – Satellite Mid-Season Invitational (Melbourne)

Friday-Saturday March 23-24 – FSU Relays (Tallahassee) *Select Group / Qualification Standards

Wednesday, March 28 – Small School Invitational (Trinity Prep)

Thursday, March 29 – UF Relays (Gainesville) *Select Group / Qualification Standards

Saturday, April 7 – Embry Riddle Spikes Classic (Daytona Beach) **Make-up Meet if needed

Monday, April 9 – FHSAA Class 1A District 9 Championship (Mount Dora) *Qualification Standards

Wednesday, April 25 – FHSAA Class 1A Region 3 Championships (First Academy - Orlando)

Friday, Saturday May 4-5 – FHSAA State Championships (University of North Florida – Jacksonville)



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Team Specific Information

Program Points of Emphasis

- Work Hard – “Whatever you do, work at it with all your heart, as working for the Lord” (Colossians 3:23)
- Commitment – to team and program
- Goal Oriented – striving for personal excellence
- Grow Spiritually – relationally through community
- Team Motto – “Always Be Moving Closer”

Team Devotions and Special Events

- Twice a week (2018 Ephesians and 1 Peter)
- Once a Month Team Function or Team / Family Dinner

FHSAA Paperwork

- All Required Paperwork is posted at: <http://circlechristianschool.org/athletics/department/athletic-forms/>
- All forms need to be completed by first practice (January 22)

Independent Home School Athletes

- All Independent Home School athletes are welcomed to be a part of our team.
- Circle families are highly encouraged to reach out to families with invitations to come and take part.
- Required Forms completed at: <http://circlechristianschool.org/athletics/department/athletic-forms/>
- All forms must be completed before the first practice (January 22, 2018)

Expenses

- Athletic Participation Fee: <http://circlechristianschool.org/files/2010/12/Athletic-Fees-17-18.pdf>
 - Varsity (\$225*); Middle School (\$175*) *Plus a Sponsor Fee of \$50 per athlete
 - Circle Students – 3 payments February 1, March 1, and April 1
 - Independent Home School Athlete – 1 Payment February 1 and \$50 Sponsor Fee by April 1
- Team Uniforms – Team Shorts \$28-35 (Uniform tops are provided)
- Team T-Shirts \$20

Practice Attendance

- MS – Daily practice commitment is expected but flexible. Consistency is highly encouraged.
- Varsity – Daily practice commitment is required. Three un-excused missed practices subject to dismissal.

Practice Dress Code

- Professional looking running attire is expected. School Athletic Policy is adhered.

Equipment Needed:

- Water bottle, snack, running shoes, towel or yoga mat*, watch* (with stopwatch function), resistance bands*; Varsity: Racing Spikes* (* are items not required for the first two weeks of practice.

Weather Policy

- Sever Weather notification of practice cancelation will be posted on Facebook 90 minutes before practice.
- If not posted, coaches will be at practice, but each family is to make the final decision based on safety.

Meet Day Protocol

- Athletes arrive 90 minutes before fist event. Stay to end unless other arrangements made with coach.