

# Moorhead Track and Field 2020

Start of Season: **MARCH 9th**

## Important Communication Information:

- Website: [www.spudtrack.org](http://www.spudtrack.org) (coaches, calendar, meet info, etc)
  - “Join Team” to get direct notification of announcements on web-site.
- TWITTER: Follow **@SpudTrack**
- Hudl: Track and Field Messaging and Video Review
  - **Only** Electronic method for coach to athlete communication
  - [hudl.com/jointeam](http://hudl.com/jointeam)
  - TeamCode: vimhqv0
- Head Coaches Emails on the back side of page. Use HUDL once signed up.

## Clearance Information: *DON'T WAIT UNTIL THE DAY BEFORE SEASON*

- See **DeAnn Smith** in the front office to obtain your “**YELLOW CARD**”
- **Must have your Yellow Card Day 1 of Practice to Participate** (March 9th)

What you need in order to be cleared:

- ***Physical on file***
- ***Signed up on infosnap***

## Start Date and Practice Schedule:

- March 9th (Meet in Field House 3:45pm)
  - Don't wait, start getting active now.
- Practice Schedule: Mondays through Fridays 3:45 - 5:30pm (Meet in Field House)
- Spring Break: Unless out of town, expected to be at practice.
- Practice Schedule is subject to change due to Weather and Meet Schedule.
- Saturday Practices: Will keep you informed on Saturday practices.

## What do you need for practice:

- Good Shoes: Appropriate for training (spikes)
  - Scheels / Running Company discounts (always ask).
- Appropriate clothing (layers)
- Water bottle
- Presence / Positive Attitude / Strong Work Ethic / Dedication to Improve

## Clothing Store: Round 1

- BSN Clothing Store: Opened Tuesday, February 18th / Clothes February 27th
- Go to: [www.bsnteamsports.com](http://www.bsnteamsports.com) and use code **MHSTF20R1**
- See **@SpudTrack** twitter, [spudtrack.org](http://spudtrack.org) website or Hudl Messages for direct link

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## Moorhead Track and Field Coaching Staff 2020

| Boys   | Girls   |
|--|---|
| <b>Spencer Stowers</b> / Head Coach and Sprints<br>Email: <a href="mailto:sstowers@moorheadschoools.org">sstowers@moorheadschoools.org</a> | <b>Ron Davies</b> / Head Coach and Sprints<br>Email: <a href="mailto:rdavies@moorheadschoools.org">rdavies@moorheadschoools.org</a> |
| <b>Justin Gall</b> / High Jump / Hurdles   |   |
| <b>Brody Clarke</b> /Horizontal Jumps  |   |
| <b>Kevin Feeney</b> / Boys Sprints   |   |
| <b>Erinn Eidelbes</b> / Throws   |   |
| <b>Erik Hanson</b> / Distance  |   |
| <b>Isaac Lundberg</b> / Distance   |   |
| <b>Dylan Surface</b> / Throws  |   |
| <b>Kevin Drotts</b> / Pole Vault / Horizontal Jumps  |   |
| <b>Adam Hanson</b> / Hurdles   |   |
| <b>Piper Jensen</b> / Triple Jump  |   |
| <b>Emily Waletzko</b> / Throws   |   |

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## Tentative Schedule (Subject to Change Weather Related) 2020 Meet Information

| Date      | Meet Name / Location                           | Location           | participation           |
|-----------|--|--------------------|-------------------------|
| 3/9/2020  | FIRST DAY OF PRACTICE                          |                    |                         |
| 3/21/2020 | UND Indoor                                     | UND - Grand Forks  | TBD                     |
| 3/27/2020 | MAA Indoor                                     | Concordia          | Full Team               |
| 4/4/2020  | MAA Outdoor or NDSU Indoor (Weather dependant) | MHD or NDSU        | Limited or TBD          |
| 4/7/2020  | Otter Invite                                   | Fergus Falls       | full team               |
| 4/17/2020 | Eagle Relays                                   | Davies High School | limited                 |
| 4/21/2020 | STMA Invite                                    | STMA               | limited                 |
| 4/23/2020 | Davies JV Triangular                           | Davies High School | those not going to STMA |
| 4/24/2020 | Hamline Elite Meet                             | Hamline            | qualify                 |
| 4/30/2020 | Craig Ferguson Memorial                        | Detroit Lakes      | full team               |
| 5/5/2020  | TRUE TEAM SECTIONS                             | Brainerd           | limited                 |
| 5/12/2020 | Dual with Bemidji                              | Moorhead           | full team               |
| 5/16/2020 | True Team State                                | Stillwater         | Team Must Qualify       |
| 5/18/2020 | Bemidji Invitational (4:00pm)                  | Bemidji            | full team               |
| 5/27/2020 | 8AA Section Prelims / (3:00pm start)           | Sartell            | limited                 |
| 5/30/2020 | 8AA Section Finals / ( 9:30 am start )         | Fergus Falls       | limited                 |
| 6/5 & 6/6 | MSHSL State Meet                               | Hamline            | qualify                 |