

# **Shepherd Track & Field Home Meet Schedule**

## **High School**

Wednesday – 4/11/18 – TVC Duel Meet  
VS Hemlock

Wednesday – 4/25/18 – TVC Duel Meet  
VS Bullock Creek & Carrollton

Wednesday – 5/2/18 – TVC Duel Meet  
VS Standish Sterling & Chesaning

Friday – 5/4/18 – Bluejay Invite  
16 Team Invite

Wednesday – 5/9/18 – TVC Duel Meet  
VS Swan Valley & Alma

Wednesday – 5/23/18 – TVC Championship Meet  
8 Teams

## **Middle School**

Tuesday – 4/24/18 – TVC Duel Meet

Wednesday – 5/30/18 – Megastar Meet  
60 Teams

We will need a lot of volunteers to run these home meets. Especially the Bluejay Invite, Regionals and Megastar meets. Areas that we will need help in range from field events to hurdle crew to concessions. If you are willing to help at these meets please contact Coach Hammel about times and sign up on the specific sheets for each meet.

Coach Hammel  
careyhammel@gmail.com  
989-506-8556

# **Shepherd Track & Field 2018 Information**

Our program is a combined program where each coach works with a specific event area and handles boys and girls that compete in those events. Our Coaching breakdown is as follows:

Boys Head Coach / Distance Coach – Rick Cahoon – ricahoon@gmail.com 989-854-6447

Girls Head Coach / Sprinting Coach – Carey Hammel – careyhammel@gmail.com 989-506-8556

Throwing Coach – Ross Austin

High Jump / Hurdles Coach – Wyatt LeClear

Pole Vault Volunteer Assistant Coach – Jim Root

## **Shoe Discount**

Having proper foot wear is very important for Track & Field athletes. Athletes tend to get hurt if they are not in running specific shoes. Runners in Mount Pleasant has several good options and does give a team discount.

We have set up discount with runningwarehouse.com which takes 15% off orders and better shipping.

The code is: **SHEPXCTFD**

## **Website**

We have a website for Track & Field which has our schedule and driving directions as well as other information. Feel free to check it out if you have any questions about Track & Field. We also have facebook and twitter profiles that will post information to about the season.

The website is: **<http://www.shepherdcrosscountryandtrack.com>**

## **Social Media**

Facebook: Shepherd Track      Twitter: @SHSTrackandXC

## **Remind Group Text**

If interested in receiving group text updates for important information such as schedule changes and cancellations please sign up for our Remind group.

Text: @shstfd To:81010

This is different than the Cross Country Group