

October 9, 2013

Dear Athletes and Parents,

Welcome to the 71st season of varsity track & field at Centerville High School. I look forward to the fall letter every year because it means that we are that much closer to the start of a new track & field season! The fall is going well, and I am excited to see how the Elks do in postseason play- good luck to everyone and compete to win.

The summer was one of great change for me as I was married on June 27th! It is a new adjustment to be a husband and step dad but one that I am enjoying a lot. All is going well and I am happy that the changes have gone so smoothly. I feel more complete than ever and know that this will flow into our track program as well. I know that at the least, without having to plan a wedding, honeymoon and reception, I will be more relaxed!!

Our staff will be a little different this spring. Coach Perry is not returning this spring. He will now be a father of three and the time commitment was going to be too great. He is doing well, and we wish him the best of luck in the future. We are still searching for his replacement but will have that taken care of soon. Coach Walsh is doing a great job with the cross team this fall and is excited to see how this translates to the spring. Coach Ramsey and Coach Kirby both coached golf this fall and had great season while Coach Cline led our offseason weight training (Tuesday and Thursdays till 4:30). All are excited to return and work with so many talented returning students this spring. It is great to return so much of our staff from last year as it will allow us to pick up where we left off and compete for championships all spring long.

The schedule will look different this spring because a lot of students graduated last year and will need to get established early in the spring. This will have us attend more relay meets earlier in the season. I feel that this will allow us to be ready to race and compete at the level at which we need to be when we get into late April /early May and will translate into success in the post season. Depending on the levy outcome we have created two schedules. The main difference will be if we are able to travel (we have been invited to compete in the Florida Relays at the University of Florida and at the UK Invite at the University of Kentucky this spring) The spring break trip will travel between 12 & 16 athletes to the University of Florida Relays in Gainesville, Florida (kids can leave after the meet with their family if this works for them). We are planning on leaving Centerville on Thursday, March 27th after school and getting to Jacksonville that night. The meet is on Friday, March 28th and Saturday, March 29th. We will train and sightsee after the meet in Jacksonville until we come home either Tuesday night or on Wednesday morning depending on ticket prices. I will be contacting the athletes who we feel can score at this meet and start the ticket process ASAP to get the best rate possible.

The new girls' coach is Jim Weckesser (CHS class of 1994). Jim was a great runner here at CHS (look at the record book) and was a successful coach in the district for 8 + years. He will be a great addition for both programs and we will interact more within the programs than in the past. I think it is an exciting time for both programs and we welcome Jim back to elk land!

We will have four fundraising opportunities this season. We will be selling our cards the first week of February (each athlete will be asked to sell 10 minimum cards). We will host the 2nd annual Trivia Night on Saturday, February 1st from 7-10 pm. Due to how large it was last year, we have decided to move it to the front gym and use the commons as our raffle and registration area. We will do a pre-registration this year and have changed how we will do the prizes. I will start collecting donations again, and if anyone would like to help, please contact me at matt.somerlot@centerville.k12.oh.us for details. We will be looking for silent auction items again as well as any raffle items you can think of. Last year we raised \$4,000 and think that this can turn into a fantastic opportunity for

our program to generate revenue. It also was a great time!! New this fall has been the **ELKS flags**. We are selling 3ft x 5ft ELKS flags for \$10. I ordered 1,000 of these and in three weeks sold around 300. We still have 2 more football games remaining as well as any other places people would like to sell. See me for flags if you are interested. We will again be selling the booster car raffle tickets for \$10 each- \$5 goes back to our program for each ticket sold. This will help the booster club after all that they have provided us (pits and warm ups last year).

The December informational meeting will be held on Wednesday, December 11th, at 3pm in the West commons. This meeting is for all men interested in running in 2014 (returners and new athletes alike). Encourage new kids to come out for track. We love getting kids involved who will compete and get after it- find a buddy and bring a friend!! **The senior meeting will be on Monday, 12/9/11 at Marion's.** This meeting is for returning seniors only and will be where we elect our captains and talk about leadership and their responsibility. I will send a reminder and captain's application to everyone as we get closer.

I would like to take our poster picture in late January (so we can get our posters out earlier. It will have all returning letter winners and 4-year runners on the poster along with the indoor and outdoor schedules on it. This way we can get them into the community faster and the posters will be up for our entire season. If you fit into this category you will get information as we get closer. We are also looking for poster sponsors. The cost is only \$100 for a business card sized ad.

Please be sure to get your physicals in now- they are available on the CHS athletic website and can be turned into the athletic department when you get them. **YOU WILL NOT BE ABLE TO PRACTICE OR CONDITION WITHOUT ONE THIS YEAR!**

Winter conditioning will start on **Monday, January 6th**, in the upstairs central commons. Bring warm clothes, as we will head to the hill when it is warm enough. Please do not get any minimalist shoes (Nike Free type of shoe). The new research shows that they are the leading cause of shin splints and other foot related injuries, and we want you to be as healthy as possible this spring.

We have a tremendous team returning, and I expect big thing from us this season. Our goals and the theme will be set up by the time the fall sports are finishing up. I like what has happened this fall and feel like we can build off what we have started for our track season. Keep working hard, stay on top of your grades and be good to people. There are only 183 days until Elk Relays so let's get ready for a great 2014 track & field season!

Yours in track,

Coach Somerlot

Key Home Dates:

Team meeting- Wednesday 12/11/13 (west commons)	1 st day of conditioning- Monday 1/6/14 (central)
Trivia Night- Saturday February 1 st (central gym)	Fundraiser card Sales- Monday 2/3/14 (cville)
Elk Relays- Friday 4/11/14 (stadium)	Somerlot Field Classic- Sunday 4/27 (stadium)
WarriorElk (Sr Night) Wednesday 5/7 (stadium)	JV GWOC Meet- Saturday 5/10 (stadium)
Banquet- Monday 6/2 (west commons)	Equipment Put Away- Tuesday 6/3 (stadium)