



October 11, 2017

Dear Athletes and Parents,

As we finish up the first quarter of the school year, I can't wait to get started with the 75th season of varsity boys' and 43rd season of varsity girls' track and field at Centerville High School. The fall letter means that we are that much closer to the start of a new track and field season, and it makes me think about what we can accomplish this spring. The fall is going amazing with 5 teams ranked in the top 10 in the state, and we are excited to follow our Elks into the postseason. Good luck to everyone and compete to win.

I also want to highlight our efforts this fall where we collected donations that went to the Houston Hurricane relief. We were able to collect 43 boxes of clothes and shoes to send to Houston in just three days- weighing in at 2,130 pounds!!! We donated some items to Bills for them to send, had a shipment of 10 boxes that went to a school in Houston and the remaining 33 boxes shipped by freight truck to the University of Houston basketball offices where they have been giving the items out to schools in the Houston area. I've been a part of some great stuff and this is in the top 5 things ever. In no way did I ever think that in 3 days we could collect 43 boxes of clothes and shoes to send to help out. I would like to see where relief efforts are in the spring and look at helping again in some way. This seems like a perfect spot to look at a tie in with warrior Elk so send me your ideas and from the bottom of my heart- THANK YOU FOR EVERYTHING YOU DID TO HELP OUT!

Our staff is still being finalized and will be complete soon. We will keep a varsity and JV staff, and this will continue to allow us to coach every athlete and develop our younger athletes at a greater level. At the same time it will allow us to focus on the varsity kids with more detailed instruction. Coaches Walsh, Dobson, Hippenmeyer, and I are involved in a tremendous cross country season and are poised for success the next six weeks. Coach Ramsey and Coach Kirby both coached golf this fall and had great seasons. Coach Coleman has traveled all fall watching his son play football for Notre Dame (he is a starting safety- Nick Coleman) while Coach Tolbert and Thobe are coaching the undefeated Elks football team to a GWOC title! Coaches Begley and McClain are enjoying a fall of fitness and family time while coach Bir is crazy busy with her two fantastic boys and husband. Congrats to coach Post as she has gotten engaged and will move to the middle school staff to coach the MS track team. She is excited for both so stop up to tell her congrats! We will be adding two more teachers to our staff so stay tuned for updates soon.

I am excited that we continue to have so many teachers on staff. I believe that this will make us a better team that is well coached and cared for. As we fill in our staff, we all are excited to return and work with so many talented students this spring. The continuity of our staff staying the same will allow us to pick up where we left off and compete for championships throughout the spring. I anticipate having between 300-350 kids but feel that we can work with these numbers best with two staffs. We will explain how we will do this at the December meeting.

We will be hosting the 43rd Annual Elk Relays on Friday, April 13th, the 16th Criss & Rita Somerlot Field Event Classic on Sunday, April 22nd, and the Warrior Elk returns to CHS and will be on Tuesday, May 1st. As we set up the rest of the schedule, it will be important to meet the needs of the talent we have. I believe that both teams will be back in position to compete for state championships this season so we need to challenge our teams to get ready to do this. There will be an emphasis on invitational instead of relay meets (just two relays planned- ours and the Lancaster Relays). 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. This will translate into success in the post season. We are exploring ways to travel this spring break but right now it does not look strong due to travel costs and Easter being the 2nd weekend of break. Final schedule info will be available at the December meeting. There will be two state Indoor Championships this winter. The "traditional" meet is just like years past and will be on Saturday March 3rd. This year it will be at Spire Institute in Ashtabula, Ohio (a true away meet- over 5 hours to get there). The new state meet is a "Team" State Championship. In a nut shell there will be 30 teams invited and we can have 2 kids per event with the 1st place in each event will earning 60 points for their team and last place earns 1 point. It sounds like a fun meet and we are honored to be included in this maiden voyage into team championship competition. It will be held at Akron University.

We will have two main fundraising opportunities this season. We will be selling our cards the last week of February, and each athlete will be asked to sell a minimum of 10 cards. I will provide more details as we get closer. We will host the 6th annual **Trivia Night on Sunday, February 18th (President's Day Sunday) from 6-10 pm**. It will again be in the front gym and use the commons as our raffle and registration area. We will do a pre-registration this year and have more food options. 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 as well as any raffle items you can think of. We are using the money we generate to buy a pole vault pit and new hurdles plus it's also a great time. We will continue to make adjustments to make the event better, and all ideas are welcome. Our goal is to increase the table sales as this will lead to more revenue coming in. On average, each table spends \$50 so if we increase even by 20 tables that is an additional \$1,800 in revenue!

The December informational meeting will be held on Wednesday, December 6th, at 3pm in the Central theatre. This meeting is meant for all boys and girls interested in running in 2018 (returners and new athletes alike). **Encourage new kids and athletes 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, 12/4/17 at Marion's. This meeting is for returning seniors only and will be where we elect our captains and talk about leadership and their responsibilities. I will send a reminder and captain's application to everyone as we get closer. Please apply if you are interested in being a captain. I anticipate 4 per gender based on the number of kids we return.

I would like to take our poster picture with the seniors in early March so we can get our posters out earlier (I know I say this every year but for real this year). The big picture will have all of the seniors, both of the team pictures and the outdoor schedule 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.

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! It's a debacle every year so please do it now if at all possible.**

Winter conditioning will start on Thursday, January 11, 2018 in the upstairs central commons. We will have to see how the new surface is to work on so make sure to always 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). All 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.

I would like to order new warm ups for both programs soon. I realize that we ordered Nike suits three seasons ago for the girl's team but we cannot get those re ordered as they have discontinued that model so we are looking at using Boathouse gear (it's all custom so it never gets discontinued). If you would like to be a part of this decision, please swing in to west 263 and see me for more details. We will do a men's and women's suit that is the same and make it available to purchase as well as the team buying a varsity set for now. Each year we will add numbers as we can and by going with Boathouse we can use the same suit year after year (like we do with the regular season uniforms). We will use the Nike gear for two more seasons as several kids have already bought them. I envision that this will take two or three years to make happen. There have been several of the kids who have asked to buy the warm ups so that's why we are doing it this way. It has been 8 seasons since the boys have updated stuff and the girls JV gear is 17 seasons old- it's time for new!

This is year four of the programs being combined and while we still have some kinks to smooth out I believe that we have everything in place to have a memorable season. I am beyond excited for the opportunity to continue to coach and work with what is the largest student organization in the state of Ohio. I am even more excited to watch us continue to develop and move in a direction in which we will all be proud. I want to celebrate the success of our teams but want to do it as one program. I am excited about the professionals that will be working with our kids and can't wait to build on the energy that we will have every day. We have two tremendous teams 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 184 days until Elk Relays so let's get ready for a great 2018 track and field season!

Yours in track,
Coach Somerlot

Parents- if you have any questions please contact me at matt.somerlot@centerville.k12.oh.us
Or call me at 937-902-4889

Booster Reps

Boys- Ralph Reidell (son Alex is a junior)

Girls- Chari Walsh (daughter Kelli is a senior & Kerri is a sophomore)

Thanks to a great support system lead by Chari & Ralph we filled our quota in ad sales are close to 100% on our volunteer slots in concessions. This will generate an additional \$6,000 from the boosters club that is added to our budget.

Please join the Boosters Club- all families are asked to join the Centerville boosters club this year instead of selling car raffle tickets. Membership information is available on the school's athletic website. You can list all sports your child plays so please join today!

Volunteer Opportunities

Optimists Tree Lot Set Up- 11/11 (by the DMV in Centerville) 6 kids from 8:30-10 am
Optimists Tree Lot Delivery- 11/18 at 8am (by the DMV in Centerville) need 30 + kids
Optimists Tree Lot Set Up- 11/24 (by the DMV in Centerville) need 6 kids from 8-9am
Optimists Tree Lot Clean Up- Date TBD but we need 20 kids to help put away the lot from 8-10 am
Any home middle school or high school meet we host where you are not competing.

Meetings

Returning Senior Dinner and Captains Election- Monday 12/4/17 (Marion's Pizza) 5:30 -7pm
Indoor/Returners Team Meeting- Wednesday 12/6/17 (Central theatre) 3pm-4pm
**Returning Parents Meeting- Wednesday February 8, 2018 (west commons) 6:30 pm*
Outdoor Track Meeting- Tuesday 2/27/18 (central theatre) 3pm-4pm
**OHSAA Spring Sports Meeting- Thursday March 8, 2018 (main gym) 6:30 pm*
**New Parents Meeting (or if you missed 2/8 meeting) Thursday March 8, 2018 (west commons) 7pm*

Conditioning

1st day of conditioning- Thursday 1/11/18 (BOC & South Commons- Meet in BOC) 3-5:30pm

Fundraising Items

Trivia Night- Saturday 2/18/18 (central gym) 4pm-11pm (open to the public- all encouraged to play)
Fundraiser card Sales- Tuesday 2/27/18 (get cards at spring meeting or see me in west 263)

Home Meets

22nd Annual MS Relays- Thursday 4/10/18 (stadium)
43rd Annual Elk Relays- Friday 4/13/18 (stadium)
16th Annual Somerlot Field Classic- Sunday 4/22/18 (stadium)
WarriorElk (Looking for a charity this year) 5/1/18 (tentative senior night) (stadium)
JV GWOC Meet- Saturday 5/6/18 (stadium)

End of Season

**Banquet- Tuesday 6/4/18 Central Theater)*
Equipment Put Away- Tuesday 6/5/18 (stadium) 10am

*= parent activities

