



[www.oakhillracing.com](http://www.oakhillracing.com)

## Welcome to the 2020 Track Season!!!

Welcome to the 2020 Fleet Feet Oak Hill Racing Track season. The coaches are very excited for this upcoming season and hopefully the kids are too. It's going to be a fun season and hopefully the kids are ready to work hard and have a successful season. We are all about development and that is our main focus for each individual athlete.

### Practices:

We will begin on Sunday, January 26, 2020 - at 1pm at Inderkum High School. Practices will be Tuesdays and Fridays at 5:30pm at Inderkum High School and Sundays 1pm at Inderkum. Practices will typically be 90 minutes. Some Sunday practices will go two hours. Times and locations will vary throughout the season and will be communicated via e-mail.

### Conduct:

It's going to be a laid back atmosphere but at the same time we do expect all athletes to treat coaches, officials, other athletes, parents, and everyone else with respect. We also expect the athletes to listen when instructions are given as well as try their best at every opportunity.

### Sacramento Coaches/Administration:

Our primary means of communication will be via e-mail.

Head Coach - Chad Worthen – [chad.worthen@fleetfeet.com](mailto:chad.worthen@fleetfeet.com)

Head Coach - Stacey Worthen - [staceyworthen@hotmail.com](mailto:staceyworthen@hotmail.com)

Assistant Coaches – Karen Davenport, Clint Welch, Jim Vetter, Allison Dunham, and Scott Sutch

### Fees:

OHR team registration fee for Track & Field season \$120

OHR Uniform \$20 per piece (Singlets for boy & girls or shorts for boys)

Team sweats (jacket & pants) \$80 (optional)

Competition fees- Pay only for the meets attending (typically \$7-\$35)

USATF Membership- Mandatory \$20 (annual) – Done online [www.pausatf.org](http://www.pausatf.org) before second practice. Club #416.

### Fleet Feet Discounts:

\$20 off competition shoes, \$10 off training shoes (available at 2311 J St., Sacramento only)

15% discount off Fleet Feet Event Management races

### Event Schedule - Tentative:

<b>Sun, 2/2</b>	Super Sunday 5K & Kids'	CSU Sacramento	<b>5/16-5/17</b>	3M Track	Laney College
<b>Sat, 2/8</b>	Valentines' 4M & Kids'	Sacramento	<b>5/23-5/24</b>	Central Valley RR	Riverbank
<b>Sat, 2/29</b>	Welcome to the Jungle	Inderkum HS	<b>Mon, 5/25</b>	No Excuses 5K	Land Park
<b>Sat, 3/14</b>	Shamrock'n 5K & Kids'	West Sac.	Sat, 6/6?	Golden West Inv.	TBD
<b>Sat, 4/4</b>	Speed Showcase Track	Inderkum HS	<b>6/13-6/14</b>	PA Champs	DVC
<b>Sat, 4/18</b>	Halden Invitational	Davis HS	<b>6/26-6/28</b>	PAUSATF Top 8s	DVC
<b>Sun, 4/19</b>	ZooZoom 5K & Kids'	Sacramento Zoo	<b>7/10-7/12</b>	PAUSATF Top 5s	Fresno
<b>Fri, 4/24</b>	Sheldon Distance Carnival	Sheldon HS	<b>7/27-8/2</b>	USATF JO Nationals	Jacksonville, FL
<b>Sat, 5/2</b>	RETC Track	Rocklin HS			