

## Head Track & Field March News



**An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head.**

Highlights from the Spruce Creek Invitational:

Taylor Crimmins placed 6th in the triple jump for the boys.  
 The girls team did beat Mt. Dora not by much but they did beat the defeating district champions.  
 Jessi Russi led the girls with a 7th place in the triple jump and a 6th in the Long jump.  
 Ashley Shannon placed 6th in the discus.  
 Lauren Gillespy placed 7th in the 1500

Girls 4x800 team placed 6th (Lauren Gillespy, Alex Gillespy, Kristen Gillespy and Kelsy Lansberry)

**Girls team has a state ranking: The team is the 13th best 1A team in the state! Way to go girls! This probably has not happened since the early 2000's. The girls have a great chance of being District champions.! We are on our way!**

This week we will be at Deltona Friday afternoon. The athletes will be dismissed from school at 1:30. The meet starts at 4:00 p.m. Please see attached information. All athletes must ride the bus because we are leaving before school lets out. We are only allowed 4 athletes per event and 1 relay team per event. This means not all of the team will be going to the meet. Only those athletes participating will be able to be dismissed from school early Friday. The athletes will know on Wednesday of who is and who is not going to the meet.

**VOLUNTEERS:** Please have sandwiches, drinks and snack at the school by 1:00 p.m. to load on the bus or bring them with you to the meet and drop off at the Lopez tent. Thank you.

<b>DELTONA MEET 3/19</b>			
Sandwiches	Snacks	Drinks	4 oz. cups - 100
Jeanette Larsen	Jeanette Larsen	Julie Eads	Blaine Lansberry
Doreen Gillespy	Doreen Gillespy	Lisa DelGuercio	Rosalie Batchelor x 3
Janice Springer	Cathy Storch	Tonya Marshall	
Pauline Whitfield	Kathie Selover	Pauline Whitfield	

- **We will not be attending the Bob Hayes Meet on Saturday**
- Tuesday, March 23 will be the Freshman/Sophomore meet at Flagler Palm Coast. More information on this meet next weekend.
- Houligan's Day next Monday March 22nd - Mark your calendars and print the attached coupon.

**All athletes must attend practices on a regular basis and not leave until practice is over. It seems to a big problem. Practice does not get end before 5:00 p.m every day except for Wednesday when practice ends at 4:00. PLEASE REMIND YOUR ATHLETE: If he or she leaves before practice is over, they will be giving up their place in an event to another athlete and will not compete at Districts.**

If you need to contact me, please send an email directly to [somalley1@cfl.rr.com](mailto:somalley1@cfl.rr.com)

Things to keep us all on the right Track: These are important as we begin to end our regular season and begin our post season very soon:

- 1. Positive Self-Expectancy** Always expect success - embrace the challenge
- 2. Positive Self-Motivation** Go after the rewards of success, not away from the penalties of failure
- 3. Positive Self-Image** If you can see it, you can do it
- 4. Positive Self-Direction** Ink what you think--write down your goals. Strive to be better today than you were yesterday.
- 5. Positive Self-Control** Winners make things happen - losers let things happen to them. Trust yourself and your preparation.
- 6. Positive Self-Discipline** Practice winning every single day. Be mentally tough - deal with the situation.
- 7. Positive Self-Esteem** Single most important human quality - feel good about being you. Always respond with a positive reply.
- 8. Positive Self-Dimension** Little successes lead to victories. Live in the 'Precious Present' - It's the only moment in which you have control.
- 9. Positive Self-Awareness** See your unlimited potential. Force yourself to push the envelope.
- 10. Positive Self-Commitment** Measure success against self. Don't get caught up with competing against others. Commit to Excellence

**Coach O'Malley**

