

TO: West Chicago Boys Track and Field Parents and Athletes  
FROM: Coach McLeland                      Work/voice mail: 630-876-6478

January 21, 2009

I'm writing this letter as the team and coaching staff begin the season. As of today there are 17 weeks to the Conference Meet, 18 weeks to the Sectional Meet and 19 weeks to the State Meet. This may seem like a long time but when meets start to happen the time will pass quickly. Your son(s) may have desires to participate in the State Meet, earn a varsity letter, get faster or stronger or just be part of a high school team. Whatever the goal, now is the time to work hard and reap the benefits.

The possibilities of this season are unknown right now. Our team is young but with continued hard work we could be competitive at most meets. NO state qualifiers return but a few guys are "eyeing the prize". The coaching staff is mostly new. I am in my 20th year at West Chicago. Our hurdle/sprint coach is Mike Mittman (7th season) who was a hurdler and came from the great program at Wheaton North and Elmhurst College. One of our newest coaches is Hal Chiodo who is the head Football coach with 16 years of coaching track at Morton in southern Illinois. Hal's strengths are the sprints and relays. Tyler Belding is coaching track for the first time (also an alumni of West Chicago Track and current coach for the football team) and is in charge of the throwers.

We have a solid senior class. They are big on heart and willing to work hard to be their best. In addition, their leadership is crucial and instrumental in passing "excellence" to the next classes. We have a strong core of underclassmen too that have already made their mark at the Varsity level. I feel very blessed and encouraged already to be coaching all the guys associated with this team. My hope is that we won't only reap the rewards of hard work this season but that all our sports programs will be enhanced by the efforts of our athletes.

Communication is difficult during track because on a weekly basis new athletes are joining the team. If you're missing meet schedules, directions, or other information please call and let me know, have your son(s) pick them up or go on our website that is linked to the school website. I'd also appreciate calls when your son(s) won't be at school or practice. When your son(s) can't attend a meet I need to know several weeks in advance in order to turn in line-ups on time.

There are several areas where help is needed: fundraising/concessions and help at meets. At our invitational meets we need several parents to volunteer or coaches will be working (as happens most of the time). This will free our coaches to actually coach and motivate during the meets. You can help in field events, at the finish line or watching various curves of the track. As a worker, your admission is free and usually a meal is provided at the concession stand. Please respond on page 2 if you can help at one of the meets. There will be opportunities to raise money for the track team at the 5 meets we host. We need people to work the concession stand and others to donate food and drinks. Please respond on page 2 with one of the ways you can help.

Finally, I will be ordering track gear for approximately \$5-20. If you would like additional shirts (for parents, grandparents, sibling, etc.) please let me know this, too! I'll let your son(s) know the price as soon as I know. The price depends of the number of shirts ordered.

Thank you for your commitment to Track and Field at West Chicago. It's bigger than you and me, but something we each can take part in during this part of our lives. Thanks for your response.

I am willing to work at the following meets:

\_\_\_\_\_ Rolling Meadows (Fri. 2/13)      \_\_\_\_\_ \* Spivey Classic at Fenton (Sat. 2/28)

\_\_\_\_\_ Glenbard North Invite (Sat. 3/6)      \_\_\_\_\_ DVC Indoor Champ. (Fri. 3/20)  
\_\_\_\_\_ DVC Fresh. Champ. (Thurs. 3/21)

\_\_\_\_\_ Ostberg Invite at Fenton – Fr/So (Tues. 3/24)

\_\_\_\_\_ Geneva (Sat. 4/18)      \_\_\_\_\_ Glenbard South (Fri. 4/24)

\_\_\_\_\_ Waubonsie Valley (Sat. 5/2)      \_\_\_\_\_ County Meet (Fri. 5/8)  
@ Wheaton North

\_\_\_\_\_ DVC Championship (Fri. 5/15)  
@ Glenbard East      \* = Varsity Only

\_\_\_\_\_ \* Sectionals (5/22)      \_\_\_\_\_ Grade School All-City Meet  
@ TBA      (TBA)

\_\_\_\_\_ Events you could assist in

\_\_\_\_\_ There are home meets on Feb. 24, March 10, April 14, April 21 and May 5(All are Tuesdays).

If you can work at one of these meets there is a possibility of getting paid for it.  
Let me know as soon as possible.

\_\_\_\_\_ Feb. 24    \_\_\_\_\_ March 10    \_\_\_\_\_ April 14    \_\_\_\_\_ April 21    \_\_\_\_\_ May 5

\_\_\_\_\_ Coaches usually work on Tuesday Meets too! Can you work at our  
away dual/triangular meet?  
\_\_\_\_\_ 4/28 at Wheaton North

\_\_\_\_\_ I am willing to help in the concession stand.

\_\_\_\_\_ Feb. 24    \_\_\_\_\_ March 10    \_\_\_\_\_ April 14    \_\_\_\_\_ April 21    \_\_\_\_\_ May 5

\_\_\_\_\_ I am willing to donate food for the concession stand.

\_\_\_\_\_ Feb. 24    \_\_\_\_\_ March 10    \_\_\_\_\_ April 14    \_\_\_\_\_ April 21    \_\_\_\_\_ May 5

\_\_\_\_\_ I would like to order \_\_\_\_\_ T-shirts.

Sizes \_\_\_\_\_

Name: \_\_\_\_\_

Phone: Hm. \_\_\_\_\_

Wk. \_\_\_\_\_