

MOHAWK TRACK AND FIELD FALL NEWSLETTER

September 18, 2011

Dear Potential Mohawk Track Parent, Guardian and Participant:

Hello and welcome back to classes at Mason City High School. Hopefully you have had an exciting summer and are enjoying the 2011-2012 school year. I hope this year brings you continued success in the classroom and in each activity you participate in.

I first want to congratulate our baseball team for an outstanding season and a great showing at the State Baseball Tournament. We should also congratulate three track and field athletes who also participate in baseball who received all state honors in baseball this past summer— Jacob Peter, Brandon Platts and Ryan Voves. The track and field staff will continue to promote multi sport athletes and will work to be sure you can be successful in all the activities you participate in.

I also want to congratulate those of you who are involved in cross country, golf, and football. The cross country teams have good numbers out and are working extremely hard. The golfers are improving and scores are dropping. The football teams are improving each week and playing inspired at all levels. There has definitely been a rebirth in the enthusiasm and dedication to Mohawk athletics and the boy's track and field program has played a huge role in that success. As you know, we must continue to improve our strength, speed and flexibility if we are going to compete in the Central Iowa Metro League. West Des Moines Valley, Ankeny, Ames, Ankeny, Cedar Rapids Washington, Iowa City High, Iowa City West and Cedar Rapids Kennedy are all examples of quality track and field programs that have recently won state championships in numerous sports or at least have been very successful with their extracurricular programs. The majority of their athletes participate in more than one sport and almost all of them are track and field athletes.

I care very deeply about our track and field program, but more importantly I want you to be able to compete in all sports in the CIML and develop your talents to their fullest potential. Track and field can help you do that. Even if you do not have a fall extracurricular activity, think about joining one this winter. If not, begin running and lifting and join us this spring. You can make a difference!

Besides welcoming you back this fall, I want to make you aware of several things. First, our booster club representatives are Mr. and Mrs. Chris Lang. These adults have been instrumental in helping us continue to run a first class program at MCHS. They put in hours and hours of work to promote our student athletes and assist in fund raising. We are looking for several parents and or guardians to assist the Langs. Please consider helping the boy's track and field program.

Second, on Saturday, September 24, 2011 the boys' track and field team is responsible for the concession stand during the volleyball tournament. This is one of our fund raising events and we need to do our part to help out. This would be an excellent time for our present ninth graders and our tenth, eleventh and twelfth grade student athletes to work together and get to know each other. Please include your parents and guardians. They are expecting a large crowd and we will need plenty of workers. Please give the Lang's a call at 641-424-6700 to let them know that you can assist for a couple of hours on Saturday, September 24, 2011. I will also have a sheet outside my classroom for the student athlete to sign up to work. Every student athlete should find a two hour slot to work.

And finally, we are coming off one of the most successful seasons ever at Mason City High School in track and field. We captured two major meet championships and qualified nine events and sixteen boys for the state track and field meet. Of those sixteen – Connor DeRoy, Marcus Hughes, Parker Kober, AJ Rier, Sam Skogen and John Enright all return. Plus Blake Spotts will return as a state qualifier from the 2010 season after having an injury keep him from competing during the 2011 season. We completed the season with fifty one young men on the team and hope to enlarge the squad this year. Besides our state qualifiers, we will be counting heavily on seniors Dakota Alexander, Jordan Barloon, Jared Bartel, Elliott Crow, Tanner Hoy, Alex Rickard, Wyatt Rowe and Josh Saltou to lead us in to the 2012 track and field season. Junior letter winners Alex Bales, Noah Kofoot, Alex Lang, Andrew Sloan and Javen Swann and sophomore letter winners Matt Danielsen, Cody Harmon, Brad Petersen and Tom Schiffer will lead a talented group of underclassmen that will have to contribute to the varsity this spring. Remember, there is a place on this team for every young man in high school regardless of their size, speed or strength. We will help to improve your size, speed and strength and have fun while we do it. If you want to become a better football player, cross country runner, or golfer in the fall, if you want to improve your swimming, wrestling, hockey or basketball talents in the winter or if you want your baseball talents this summer to be the best they can be, then please consider joining the track and field team this spring. Until then, be the best classroom student you can and support all Mohawk activities.

Thank you for taking the time to read this letter and "GO MOHAWKS"

Coach Jed Vorba