



R&L Fusion



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Kara Triplett – Athletic Director – Richey & Lambert
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Dear Track Parents and Athletes,

It's Track and Field Time for 5-8 graders! My name is Jodi Carda and I'm the head Junior High and Elementary coach. This is my 4th year coaching track. I'm excited to get this season going. My goal is to put your athlete into events that will give them the best opportunity for success, both as individuals and as part of the R/L Fusion track team.

Joe DayRyder will be the Head Coach for High School and his Assistant is Shally Libres. We are currently looking for an assistant coach for Junior High and Elementary. Coach DayRyder will be working with the throwers as well as overseeing many of the aspects being taught to the athletes. Coach Libres will be primarily working with long distance runners. I will primarily be coaching jumping events. Junior High and Elementary usually has quite a bit of participants, so it would be wonderful if parents could help out the coaches, especially at track meets. If anyone is interested in helping out, please contact me at the phone number or email address found at the end of the letter.

March 18 will be the First day of practice for 7-8 graders

March 25 will be the first day of practice for 5-6 graders

Practices will be Monday-Tuesday in Richey and Thursday-Friday in Lambert. NO PRACTICE Wednesday for 5-8 graders.

Athletes should come to practice with proper attire (sweatpants, sweatshirt, hat, gloves and proper fitting shoes), a water bottle, a good attitude and a good work ethic. It is always easier to shed layers than add layers. A healthy snack would be beneficial for the athlete as well, as there is a long time between school lunch and practice. Practices will not go longer than 6:00 PM. If an athlete is going to be absent from practice, please let a coach know as soon as possible.

Thank you for your time and support,

Jodi Carda
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