



R&L Fusion



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406-773-5523

PO Box 260 Lambert, MT 59243
406-774-3333

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

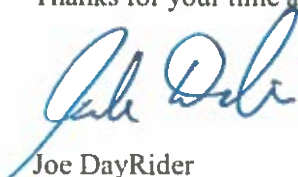
Thank you for your commitment to the 2024 track season. My name is Joe DayRider and I am the head coach for the High School track team. This will mark my second year as head coach and my 14th season coaching track for the Fusion. I look forward to this season. My goal is to put your athlete into events that will give them the best opportunity for success, both as individuals and as part of the R&L Fusion track team.

As of writing this, coaches this year will include Jodi Carda and Shally Libres. Coach Carda will be the head junior high/elementary coach. We are currently looking for an assistant coach for the Junior High/Elementary. Coach Carda will be working primarily with jumping events. Coach Libres will be my assistant and will be helping with distance events. I will be working with the throwers, as well as overseeing many of the aspects being taught to the athletes. Upper classmen will be helping with the younger athletes when possible. 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 this letter.

Coach Libres and I will be working to get as many high school athletes to state as possible. This may mean having run offs for any relays at the end of the year. I would like to stress that this is to get the best possible combination for a relay team and to push each other as teammates to become better. High school athletes have the opportunity of reaching state either by meeting the automatic qualifying standard or by placing at the district and then the divisional track meet. To that end, as a reminder to athletes and parents and as part of your commitment to the 2024 track season, high school athletes need to compete in two meets before districts, so all eligible track athletes are expected to attend and compete at all track meets. Missing meets for school sponsored activities are excused with notification. Spring is always an adventure in Montana and if meets get canceled, one may not have enough meets to get to participate in the district meet. 8th graders are eligible to compete at the high school level but will need to fill out the waiver form to do so.

The first week of practice will be held in Lambert. After that, Monday and Tuesday practices will be in Richey, while Wed. – Fri. will be in Lambert unless otherwise stated. Starting with the week of districts, all practices will be in Lambert. The first weeks will be hectic with various trips and State FFA, so it will be vital that athletes attend practice, as they need 8 practices before competing in their first track meet. 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. We will try to be outside as much as possible so athletes should be prepared for that. It is always easier to shed layers than add layers. Any misbehavior can result in the athlete being removed from practice. 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.

Thanks for your time and support,



Joe DayRider

Contact Information:

- Coach DayRider
 - jd rider@richey.k12.mt.us
 - School #: (406) 773-5523
 - Cell # (best way to get ahold of me): (406) 845-2478

Important Dates:

- March 11th – First day of HS practice in Lambert (first week is in Lambert)
- March 18th – First day of JH (7-8) practice (Mon. – Tues. practice in Richey, Wed. – Fri. practice in Lambert)
- March 25th – First day of Elementary (5-6) practice
- May 7th – HS District 2-C Track meet @ Lambert
- May 12th – JH/Elem 2-C Track meet
- May 16th – Eastern C Divisional Track @ Wolf Point
- May 23rd – 25th: State C Track meet @ Great Falls