

ATHLETE REGISTRATION

SCHOOL: _____ GENDER: _____

NAME: _____ EMAIL: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

GRADE: _____ PHONE: _____

PARENT: _____

TRACK & FIELD EVENTS(S) (PLEASE CHECK ALL THAT APPLY):

SPRINTS/HURDLES: _____ DISTANCE: _____

JUMPS: _____ THROWS: _____

OTHER SPORTS: _____

PLEASE SPECIFY YOUTH T-SHIRT SIZE _____

OR ADULT T-SHIRT SIZE _____

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RELEASE AND WAIVER OF LIABILITY

In consideration of my child, _____, being permitted to participate in the Future Knights Track & Field, and other activities associated therewith, the undersigned, hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Tim O'Neill, other coaches, assistants, Assumption High School ("RELEASEES"), and all volunteers, employees, officers, agents and representatives of the RELEASEES, from all liability to my child, assigns, heirs, next of kin, spouse, and other children for any damages and/or loss, including, but not limited to, personal and bodily injury, death, loss of consortium and/or society and damages arising from the above-referenced activities, and claims or demands therefore, whether caused by negligence or otherwise of the RELEASEES, that my child may sustain as a result of engaging in the above-described activities. I acknowledge that the above-described activities involve both known and unknown risks.

By signing below, I acknowledge I have read the foregoing document and intend that it be in full force and effect, and that no one has made any representations to me concerning the safety or danger of the above-described activities, other than the representations in this agreement.

PARENT SIGNATURE: _____ DATE: _____

PRINTED NAME: _____

MAKE CHECKS PAYABLE TO:
TIM O'NEILL TRACK & FEILD

COACHING STAFF

JACOB MOYLAN '03

Head Sprints Coach, Coach Moylan is in his 10th season with the Track & Field program at Assumption. Mr. Moylan was recently named the 2017 Assistant Coach of the Year for Girls by the Iowa Association of Track Coaches. Jake was a State Champion and State Record Holder in the 1600 M Medley relay for the Knights in 2003. He competed in the sprints at Indiana University and is a vital part of the success that the Track & Field program has. Coach Moylan has coached numerous State Champions, State Record Holders, All-Time Iowa Bests, National Qualifiers, All-Americans and a National Championship Relay Team.

ERIK SOWINSKI

Coach Sowinski is in his 4th season with the Knights. Sowinski works with our Middle Distance and Distance athletes. Erik is currently a professional athlete competing all over the world in the 800 M. Erik, from Waukesha, WI, was a HS State Champion and was also a 5-Time Collegiate All-American while running for the Hawkeyes. Professionally, Sowinski is a 3-Time Indoor USA National Champion, 3rd place finisher at the World Indoor Championships in 2016, former National Record Holder at 600 M and is world record holder in both the 4x800 M Relay and the Distance Medley Relays.

MARKEL MOMMSEN '14

Coach MommSEN is in her 1st season coaching for the Knights. She is a 2014 graduate of Assumption High School and was a member of the State Championship Teams in 2013 and 2014, as well as Drake Relays Co-MVP along with three of her teammates. She attended Wartburg College and ran track there throughout her undergraduate career. She is now a Physical Therapy Student at Clarke University, graduating in May 2020. Through her high school and undergraduate running career, she participated in short sprint events, but has now found a love for long distance running and she has completed 3 half marathons. She looks forward to working with young athletes and helping them find their niche in the sport that has so greatly impacted her life.

DAVID GONZALEZ

Coach Gonzalez is in his 3rd year coaching the throwers for the Assumption Knights. The last few years, Coach Gonzalez has guided throwers to the state track meet. Prior to joining the Knights, Gonzalez spent 14 years as the throws coach at Augustana College where he produced 45 repeat CCIW All Conference Athletes, 28 CCIW Conference Champions, 31 NCAA III National Meet Qualifiers, 11 repeat NCAA Division III National Meet Qualifiers, and 14 NCAA Division III All-Americans, 1 NCAA Division III Runner-Up (Hammer throw - 2018), and 1 NCAA Division III National Champion (Hammer throw - 2018). He is an alum of Augustana College where competing in football and track and received his degree in psychology with a minor in physics.

DAVENPORT ASSUMPTION
TRACK & FIELD

FUTURE KNIGHTS
TRACK & FIELD PROGRAM

2020

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 @ASSUMPTIONTRACK

HEAD COACH: TIM O'NEILL '96

Coach O'Neill is entering his 20th season at the helm of the Track & Field Program.

Tim has spent the last eighteen years as a strength and conditioning professional and track & field coach. Coach O'Neill is a USATF Certified Level I Instructor as well as being certified as a USATF-Level II Coach in the Sprints/Hurdles/Relays, Throws, Jumps and Endurance. Tim is currently the President of the Iowa Association of Track Coaches. O'Neill has been named "Coach of the Year" in both Class 2A and 3A by the Iowa Association of Track Coaches ('08, '11, '12, '13, '14, '15, '16, '17) and the Mississippi Athletic Conference ('12, '13). Coach O'Neill was recently recognized as the Girls State Coach of the year for Iowa in 2014 and 2017 by the USTFCCCA. Tim received the 2017 Golden Plaque of Distinction by the IGHSAU and was the Sectional Coach of the Year in 2017 by the National Federation of State High School Associations. Since 2001, 101 School Records have been broken in the Track & Field Program. Coach O'Neill is most proud that 45 Student Athletes have gone on to compete collegiately in Track & Field from the Assumption High School program.



BOYS ACCOLADES

8TH, 7TH, 4TH (2), & 3RD PLACE TEAM FINISHES AT THE STATE CHAMPIONSHIPS, **23** CONFERENCE CHAMPIONS, **33** DISTRICT CHAMPIONS, **68** DRAKE RELAYS QUALIFIERS, **3** DRAKE PLACE WINNING RELAYS, **3** INDIVIDUAL DRAKE RELAYS PLACE WINNERS, **1** DRAKE RELAYS CHAMPION, **106** STATE QUALIFIERS, **37** STATE PLACE WINNERS, **5** STATE PLACE WINNING RELAYS, **13** STATE CHAMPIONS, **2** CLASS 3A STATE RECORDS, **2** NATIONALLY RANKED RELAYS, **4** INDIVIDUALS QUALIFY FOR NATIONALS, **1** ALL-AMERICAN.

GIRLS ACCOLADES

140 DRAKE RELAYS QUALIFIERS, **3** DRAKE RELAYS INDIVIDUAL CHAMPION, **3** DRAKE RELAYS INDIVIDUAL PLACE WINNERS, **22** DRAKE RELAYS PLACE WINNING RELAYS, **10** DRAKE RELAYS CHAMPIONSHIP RELAY TEAMS, **70** CONFERENCE CHAMPIONS, **78** DISTRICT CHAMPIONS, **173** STATE QUALIFIERS, **5** REGIONAL TEAM TITLES, **1** MAC CONFERENCE TITLE, **18** STATE PLACE WINNING RELAYS, **16** INDIVIDUAL STATE CHAMPIONS, **17** STATE CHAMPIONSHIP RELAY TEAMS, 13TH, 11TH, 8TH, THREE RUNNER-UP TEAM FINISHES, **1** ALL-TIME IOWA BEST RELAY TEAM IN THE DISTANCE MEDLEY RELAY, **10** STATE RECORDS, STATE RECORD **FIVE** CONSECUTIVE STATE CHAMPIONSHIP TEAMS, **TWO-TIME** HY-VEE CUP CHAMPIONS FROM THE DRAKE RELAYS, **33** RELAY TEAMS AND **11** INDIVIDUALS QUALIFY FOR THE HIGH SCHOOL OUTDOOR NATIONAL CHAMPIONSHIPS, **9** NEW BALANCE ALL-AMERICANS, **1** USATF ALL-AMERICAN AND **1** NATIONAL CHAMPIONSHIP RELAY TEAM.

WHO:
BOYS & GIRLS 3RD - 8TH GRADE

WHERE:
NORTH HIGH SCHOOL TRACK

PRACTICE TIME:
5:30 - 6:30 PM

REGISTRATION:
YOU MAY PRE-REGISTER BY MAILING THIS FORM TO ASSUMPTION HIGH SCHOOL C/O TIM O'NEILL 1020 W. CENTRAL PARK AVE. DAVENPORT, IA 52804

OR REGISTER IN PERSON ON: APRIL 1ST

PRACTICE DATES:
APRIL: 1, 3, 7, 8, 10, 12, 14, 15, 17, 22, 27, 28, 29
MAY: 1, 4

COST OF PROGRAM: \$60.00

CHECKS MADE PAYABLE TO TIM O'NEILL TRACK & FIELD

END OF SEASON TRACK MEET:

TUESDAY MAY 5TH, 2020
(MEET MAKE-UP DATE: MAY 6TH)
ATHLETES WILL PARTICIPATE IN UP TO 3 EVENTS AND COMPETE AGAINST OTHER FUTURE KNIGHTS TRACK & FIELD PARTICIPANTS.

EACH PARTICIPANT WILL RECEIVE A DAVENPORT ASSUMPTION TRACK & FIELD T-SHIRT.



ASSUMPTION HIGH SCHOOL

1020 W. CENTRAL PARK AVE. DAVENPORT, IA 52804

ATHLETES WILL WORK ON SPECIFIC DRILLS, TECHNIQUES AND DEVELOPMENT THAT IS TAUGHT BY OUR VARSITY PROGRAM.

ATHLETES WILL WORK ON THE FOLLOWING:

SPEED
POWER
STRENGTH
ENDURANCE
FLEXIBILITY

GET FASTER FOR ALL OF YOUR OTHER SPORTS. LEARN HOW TO RUN CORRECTLY AND EFFICIENTLY. BECOME A BETTER ATHLETE!

ALL WORKOUTS WILL BE SUPERVISED BY ASSUMPTION VARSITY COACHING STAFF & TRAINING WILL BE AGE-SPECIFIC

ANY QUESTIONS? PLEASE CONTACT:

TIM O'NEILL- VARSITY TRACK & FIELD COACH, 641-757-7934, TONEILL@POWER-LIFT.COM