

## 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 \_\_\_\_\_

.....

### 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, I, 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 9th 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 third season with the Knights. Sowinski will work with our Middle Distance and Distance athletes. Erik is currently a professional athlete for Nike. He competes 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.

### KENNEDY KING '14

Kennedy is in her first year with the Assumption Track and Field program. Kennedy was a member of the 2013 & 2014 State Championship teams while at Assumption. She was also a part of the 2014 Drake Relays Champion 4x800 team and an individual State Champion in the 800 meters. Kennedy graduated from Grand View University where she was a part of the Track and Field team. During her time at Grand View, Kennedy was an 8-time National Qualifier and was on the 2018 Indoor All-American 4x400 team. She is currently working as a Graphic Designer and Marketing Coordinator for the Girl Scouts of Eastern Iowa and Western Illinois.

### ASHLEY APPLEMAN

Ashely is in her first year with the Assumption Track and Field program. Ashley ran track at Urbandale High School. Her senior year of high school, she placed 3rd in the 400 at the Iowa State High School meet and was on the State Champion 4x800 team. She continued her running career at the University of Northern Iowa, running for the Panthers on their cross country and track teams. In 2016, Ashley led the women's cross country team to their first Conference Championship in 16 years. Ashley is in the top 10 at UNI in the mile, 3,000 meter run, and womens 5,000 and 6,000 meter cross country races. She was on two indoor conference champion distance medly relay teams in 2016 and 2017. Ashley is currently attending St. Ambrose University where she is getting her doctorate in Physical Therapy.

### DAVID GONZALEZ

Coach Gonzalez is in his second year coaching the throwers for the Assumption Knights. His first year was a successful one, guiding a first year thrower to the second furthest throw in the girls shot put. 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

**2019**



FOLLOW US ON FACEBOOK & TWITTER:

 DAVENPORT ASSUMPTION  
TRACK & FIELD

 @ASSUMPTIONTRACK

## HEAD COACH: TIM O'NEILL '96

Coach O'Neill is entering his 19th 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 USTFCCA. 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  
APRIL 2ND 2019 5:00 PM  
@ NORTH TRACK BEFORE WE START OR  
SENT IN TO ASSUMPTION ATHLETIC OFFICE:  
C/O TIM O'NEILL.

PRACTICE DATES:  
APRIL: 2, 3, 5, 9, 10, 12, 17, 22, 23, 24, 29

COST OF PROGRAM:  
\$60.00  
CHECKS MADE PAYABLE  
TO TIM O'NEILL TRACK & FIELD

### END OF SEASON TRACK MEET:

TUESDAY APRIL 30TH, 2019  
[MEET MAKE-UP DATE: MAY 1ST]  
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.

CURRENT AUGUSTANA COLLEGE AND ST. AMBROSE  
UNIVERSITY COACHES AND ATHLETES WILL ALSO MAKE  
GUEST APPEARANCES THROUGHOUT THE PROGRAM



**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](mailto:TONEILL@POWER-LIFT.COM)