



TRACK & FIELD 2026

Dear LRHS Track and Field Parents and Athletes,

Welcome to the 2026 Track and Field season. We have put together a competitive schedule for the student athletes to compete this spring season. To be successful, we need to make the most of every practice and every competitive opportunity. **Attendance**, focus, hard work, teamwork, and fun will be our formula for success.

Coach Bill Zarrella is the head of our track and field program, boys head coach, and coaches the boys distance events (800-3200); Coach Z is also the boys cross country coach. Coach Rae Ann Darling Reed is the girls head coach, coaches the girls mid distance (400-800) and distance (1600-3200) events, and is also the girls cross country coach. Coach Jeff Lukas and Coach Dave Revord coach the shot put, discus, and javelin. Coach Ashley Palmer coaches the hurdles. Coach Justin Palmer coaches the sprints, long jump, triple jump, and javelin. Coach Justin Schmitz coaches the sprints. Coach Amy Haddad coaches the high jump. Coach Dana Dougherty coaches the pole vault. We have assembled a great coaching staff, and I am looking forward to a great season.

Just a reminder that track and field is a varsity sport. Entries are limited at the varsity meets so we have added several JV meets to offer everyone an opportunity to compete no matter their physical ability. Just like all sports at LRHS, **practice is mandatory to compete in the meets**. If we all work together, we can have a very successful season. Remember the concept of TEAM – Together Everyone Accomplishes More. Track and Field is both an individual sport and a team sport.

Please be advised that there will be a \$100.00 per person team fee to participate this season. This will help cover meet entry fees, equipment, transportation, and hotel and travel expenses for the State Finals at the University of North Florida in Jacksonville. Please make the check payable to Lakewood Ranch Track and Field or pay with cash to Coach Z. **Fees are due by Thursday, February 5, 2026, in order to be issued a uniform.** We will have additional fundraisers throughout the season as well. All members of the team are expected to participate in all fundraisers. Snap Raise will be our main fundraiser, and everyone is required to be at practice Wednesday, February 11 for that team meeting at the track. More details plus our meet schedule may be found on our website at LRHSTrack.com. **We need every student athlete and at least one parent per family to join our track and field team on the SportsYOU app as this will be how we communicate throughout the season.** We are hosting two home meets this season and we will need many parent and student volunteers to help us make those successful. **Please contact me to volunteer at 941-726-0179 or kathi1818@aol.com.** Gatorade and snacks will be purchased from our Track & Field account for the athletes at away meets. We have many great athletes on our track and field team. Help us make this one of the greatest seasons ever for LRHS. Go Mustangs!

Sincerely,

Coach Z

Scan QR code to go to
LRHSTRACK.com for
2026 meet schedule.

