



The Bobcat Tracker



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Upcoming Events!

- Bobcat Relays on Sat, 3-10 @ 9 AM; Horizon HS
- Regulation Meet on Sat, 3-17 @ 10 AM; Mesa CC
- 43rd Phoenix Invitational on Sat & Sun, 3/31 - 4/1 @ 8 AM; Glendale CC
- Regulation Meet on Sat, 4-14 @ 8 AM; Mesa CC



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Coach Jones: ...Arizona needed a state-level Track and Field Relay event...the Bobcat Relays.



7th Annual Bobcat Relays

When Coach Jones thinks about the time he attended the Penn Relays at the University of Pennsylvania in Philadelphia, he remembers his excitement of being with thousands of competing track and field athletes from all over the United States.

Jones knew this was a Track and Field event Arizona athletes needed: state-level track and field relays. He envisioned bringing this style outdoor meet to Phoenix, so he started planning and in time, what we know as the Bobcat Relays came to life.

He was familiar with several other states that hosted track and field relays; sometimes they are called invitationals instead of relays. A short list of the great relay events that rank along side the Penn Relays are the Drake Relays in Des Moines, IA; the Kansas Relays in Lawrence, KS; the Texas Relays in Austin, TX and the Arkansas Invitational in Fayetteville, AR.

You can google the name of a relay and read more about it on the Internet. Penn and Drake Relays have dedicated web sites well worth your visit.

Following many months filled with meetings, phone calls and juggling schedules, the first Bobcat Relays was held on Saturday, April 21, 2001 at Shadow Mountain High School, which is now the home practice field for the Phoenix Bobcats Track and Field Club. At this first Bobcat Relays, approximately 380 athletes attended, representing all of Arizona's active Track and Field Relay clubs! Now the annual event has moved to Horizon High School in Scottsdale.

During the first couple of years, the USATF-sanctioned Bobcat Relays were only open to Arizona's youth athletes and limited to relay events. But soon after, as the word got out to other Arizona athletes about the newly formed Relays, Coach Jones was contacted by many local and state masters athletes who wanted more local track and field events to participate in. Consequently, in 2003 the Bobcat Relays was reworked to become what it is today: a USATF-sanctioned event, with relays and all regular track and field events and is for open (youth) and masters (adult) athletes.

Coach Jones continues with his dreams; on his clipboard are under-construction plans for adding a couple unusual relay events to the basic relay schedule. Jones wants to hold a Media Relay event as well as a Celebrity Relay event. With all the celebrities living in the Phoenix metropolitan area, this should mean several exciting heats for athletes and spectators alike!

Our Sincere Thank Yous to Bobcats Sponsors!

- *Dave Bickel of Complete Balance Fitness*
- *Dr. Brad Gettleman, Endodontist*
- *Frank Moskowitz of Berk & Moskowitz, Attorneys-at-Law*

Coach's Corner... with Coach Jones: I'd like to give all kids the opportunity to run.



Coach Jones was setting track and field records in his school days. At Benson High School in Omaha, NE., where he was a track athlete, one of his records set in a hurdle event remained unbroken for many years after Jones graduated; in fact, in 2000 he was inducted into Benson High's Hall of Fame!

The year he graduated, Jones started his coaching career. Within a couple years Jones moved to Phoenix and coached with the Jesse Owens Memorial Track Club. Jones saw the need for a track club that was open to all athletes, not just catering to those who were especially great or talented. He started with plans to start such a club and in 1985, with a group of five young athletes, they became the Phoenix Bobcats Track and Field Club. The youngest member, 5-year-old Megan Milstead, named the club. (Does Coach Jones have a long-term memory or what?!)

The newly formed club held practices near downtown Phoenix at Phoenix College, at Thomas Road and 12th Avenue. You have to know that 22 years ago Phoenix was pretty small; Phoenix College would have been a central location for most Phoenix athletes! The club later moved to Washington High School (Glendale and 22nd Avenues) then to Sunnyslope High School. Since 1998, the Bobcats have made their home at Shadow Mountain High School at Shea Boulevard and 29th Street.

Coach Jones remained true to his philosophy that the Bobcats would always be open to any youth who wanted to come put in hard work and learn to run. Jones said, "I'd like to give all kids the opportunity to run" and he's kept to his vision in the 22 years he's been coaching the Bobcats.

With the Bobcats' talented coaching staff, Jones plans to take time to get out and raise additional sponsorships which will be marked specifically for offering scholarships to young athletes who have qualifying financial needs. He also would like to see a "Bobcats Closet" open up, to recycle uniforms and warm-ups that athletes have out grown. See Coach Jones if you want to recycle your gear!

Jones is proud of the athletes the Phoenix Bobcats Track and Field Club has turned out. In the last 17 years there have been USATF National Champions from the club; these honors have been earned at the USA Youth Outdoor Track & Field Championships and the USATF National Junior Olympic Track & Field Championships.

You will have the chance to read more about these USATF Track and Field competitions and learn more about past Bobcat athletes and other T & F athletes in future issues of "The Bobcat Tracker."

Water makes up 70% of your body's composition. Drink water frequently to rehydrate your body before you feel thirsty. At the thirsty point, your body already is in need of more water!



Happy Birthday!

- March 8 Etienne Walden
- March 15 Tyana Mc Clain
- March 16 Krisa Duff
- March 18 Carly Cohen
- March 21 Ben Kmetz



Dear Parents and T & F Volunteers...

We could not begin to be as productive or successful without your support.

Thank you!





Julia Henrikson



Meet These Bobcat Athletes!

H! I'm Julia Henrikson; you can call me Julie or Jules. This is my first year with the Bobcats; my T & F events are the 100, 200, 400-meter dash and the 4 x 4 relay. I like long jump too. My favorite T & F event is the 100. It's great to be a Bobcats member – I get to be with other people who love to run! I'm in the 7th grade at Mountain Sky Junior High.

My favorite sports star is Zola Budd, a former Olympic track and field distance competitor. She's one of the fastest women in the world! To learn more about her, here's a web link from Wikipedia: http://en.wikipedia.org/wiki/Zola_Budd

To get to know me better, you'll want to know some of my favorites: the Arizona Diamondbacks, the Summer Olympics, the TV show Ugly Betty, Wii Sports and my dog Lily. Ask me about the Flying Sharks!

It's me, Lisa Wiley; you can call me Tiny Runner. This is my first year with the Bobcats; my T & F events are the 800 and 1600 meter run and the 4 x 4 relay. My favorite T & F event is the 4 x 4 relay. It's great to be a Bobcats member – the other members are very friendly! I'm in the 8th grade at Madison #1.

My favorite sports star is Steve Nash; he plays with the Phoenix Suns. Did you know he was born in Johannesburg, South Africa? Or that he is a Canadian citizen? To learn more about Steve, here's a web link from Wikipedia: http://en.wikipedia.org/wiki/Steve_Nash.

These things I put on my list of favorites: the Chicago Bears, basketball, the TV show Hanna Montana and my dog, who loves to run, just like I do! I also like The Fray and all the Harry Potter movies. I'm going to share something special about me...I'm adopted!

Hello! This is Kayleigh Zobel; you can call me Snoop! This is also my first year with the Bobcats; my T & F events are the 60, 100 and 200-meter dash and hurdles, which is my favorite T & F event. It's great to be a Bobcats member – I'm learning a lot of new things about running. I'm in the 6th grade at Larkspur Elementary.

My favorites include the Chicago Bears, flag football and playing Sims 2. I also like the movie Grease, Will Smith as an actor and the TV show Animal Miracles. I like to draw and read fiction books or play with my dogs, Kaeysha, Big Black and Pumpkin. I'll tell you something else about me - I'm a vegetarian!

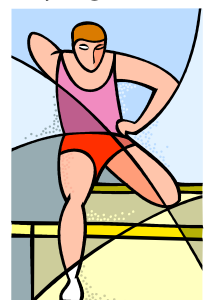
H! I'm Acajia Hunter. This is my second year with the Bobcats; my T & F events are the 100, 200 and 400-meter dash, the 4 x 4 relay and the long jump. My favorite T & F event is the 100. It's great to be a Bobcats member – I like the spirit everyone has! I'm in the 5th grade at Mountainside Montessori Day School.

My favorite sports team is the Phoenix Suns; I also like hip hop, Fergie (Black Eyed Peas) and her song "Fergilicious". My favorite video game is Sims 2 and I like movies with Tom Cruise. I have a favorite food – a bean and cheese burrito!

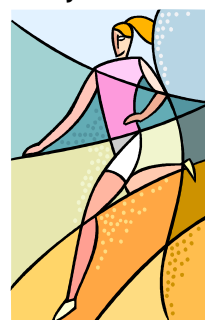
Lisa Wiley



Kayleigh Zobel



Acajia Hunter



Name the Newsletter Contest Winner!

Congratulations go out to Gabriel Partida. The name you submitted, "The Bobcat Tracker", was selected for the Phoenix Bobcat Track and Field Newsletter!

The impartial panel reviewed the newsletter names submitted by "anonymous" athletes. The winning name was chosen, then paired up with the athlete who submitted that name.

Gabriel, enjoy your \$25 gift certificate from Sports Authority!



Congratulations go to Gabriel Partida for his winning entry naming the Bobcat Newsletter - "The Bobcat Tracker".

What is a Bobcat?

A Bobcat is a wild cat native to North America. They are found mostly in the United States, southern Canada, and northern Mexico. The Bobcat is an adaptable animal, about twice as large as a house cat and is able to survive in many environments.

They like wooded areas as well as semi-desert, urban, and swampland environments. If rocky ledges, swamps, or forested tracts are present, they will also make their home near agricultural areas. Their need is simply for land which will give them activity and rest, typically provided by woodlands (both deciduous and coniferous, or mixed). Much of their activity centers around swamps or ledges where they utilize their spotted coats for camouflage.

Bobcats are carnivorous animals and will hunt anything from insects and small rodents to large deer, but show a preference for wild turkey, quail, rabbits and small rodents; they can go for long periods without food, but will eat heavily when prey is abundant. The Bobcat hunts by stalking or ambushing their prey and then pouncing or giving chase for short distances. It utilizes its keen eyes and ears and ambushes its prey or with short bursts of speed, captures it.

How does the Bobcat relate to the Phoenix Bobcats Track and Field Club athletes? Because the Bobcat likes to run with short bursts of speed, in Track and Field events, it would perform well in the 60, 100, 200 and 400-meter dash.



North American Bobcat

Hunters track the Bobcat for its fur value, so the newsletter's new name, "The Bobcat Tracker" is appropriate! Bobcats are generally most active during twilight. They keep on the move from three hours before sunset until midnight, then again from before dawn until three hours after sunrise. Each night they will move from two to seven miles along their established routes.

The Bobcat will have numerous places of shelter, usually a main den and several other shelters on the outer extent of their roaming area such as hollow logs, brush piles, thickets, or under a rock ledge. Additionally, Bobcats are agile, good climbers, from rocky outcrops to trees. The Bobcat does not tolerate deep snow and will hole-up and wait out heavy snow storms, or live in warmer climates, like Arizona!

Wanted: pictures of Bobcats athletes in T & F events! And you can see your name in a story by-line! Submit Bobcats T & F related poems and stories to the newsletter editor at phx.bobcats.news@hotmail.com!

17th Annual Indoor Track & Field Classic in Flagstaff



...and so Many Thank You's for our dedicated and Talented Bobcats Coaching Staff!!!

- **Erwin Jones, Head Coach; All Events, specializing in Hurdles**
- **Dr. Brad Gettleman, Ass't Coach; specializing in Long, Triple Jump**
- **Summer Pierson, Throws; currently training for Olympic Trials, and is world-ranked**
- **Dave Bickel, Throws; specializing in Weight Events**
- **Ryan Post, High Jump; graduate of NAU**
- **Jocelyn Gaffney, Distance**

