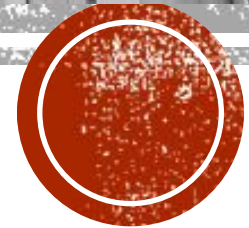




Crook County Track & Field

**RUNNING A PROGRAM ON A
SHOESTRING BUDGET & DIY
Projects**



ABOUT ME:

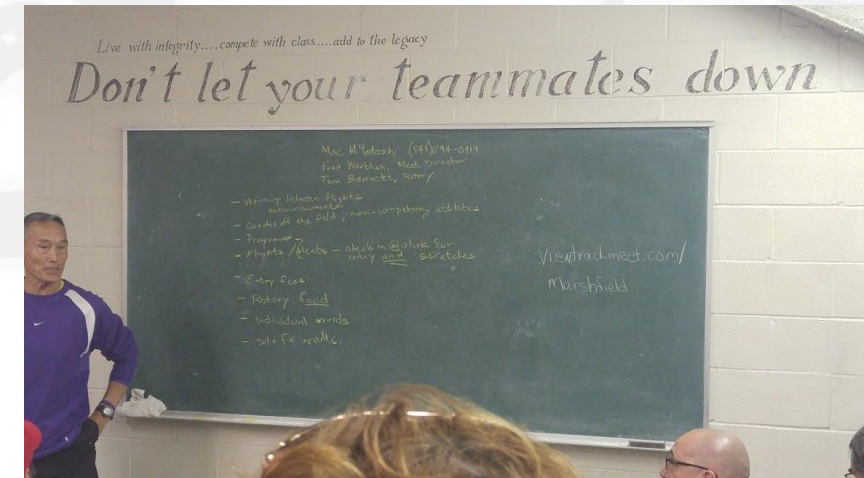
- But, first: Thank you to **NFHS** for the award and the invite to share at this clinic, it is a true HONOR!
- I grew up in Clarkston & Asotin, WA. I played football and threw for the track team.
- I played 4 years of football and did 1 year of track at Eastern Oregon University.
- I got my MTE at EOU in La Grande, OR where I got my intro to coaching, primarily football.
- I have been a PE teacher for 24 years at Crook County Middle School, Prineville, OR.
- I have been the Head Track & Field Coach for 21 years at CCHS (boys & girls)
- I have the best of both worlds teaching at the MS and coaching at the HS - recruit!
 - Our focus throughout the season is preparing for Districts and State through the PR
 - We use dual meets as training tools and to get JV level athletes varsity experience

I am blessed to have a solid core coaching staff that has been together for a lot of my 21 years and now ALUMNI are coming back to coach.



MENTORS!

- Thank you to a lot of programs we try to emulate and coaches who have mentored myself and my coaches of the years
- Dave Turnbull at Summit-
- Mac Mactosh at Marshfield (who passed away) from cancer
- Tate Metcalf
- Fred Bushrongs past CC head coach
- Tim Montgomery past head coach
- Especially My Wife Jenny b for always being there and helping.
- SO Many More
- You have to find your



#CCONETEAM CULTURE

- Know your History. You can't appreciate where you're going if you don't know where you have been! Every program is different!
- 2004 was my 1st year with 5 paid coaches and no budget for equipment
 - We scored 14 points at the district meet with only 1 runner making finals
 - 0 to State that year
- 2005 2nd year broke the ice and sent 1 to state (shot putter Andy Munsey) 2024 we sent 27, 2025 sent 21
- In the spring of 2008 all funding for athletics was cut - 2 weeks before season



2008

Starting in 2008 our district was unable to fund sports.
NO Coaches, No Bussing, No Money - Zero, Zilch, Nada!

- This started our fundraising machine!
- Our athletes, parents and the community poured their hearts out and we raised approx \$30k throughout the season to pay for bussing, equipment, a small coaching stipend and other expenses.
- We had 85 kids on the track team in 2007 and had approx. 50 in 2008 due to the money crunch. Our community motto that year became:
 “Tough Times Don’t Last, Tough People Do”
- 4 seasons of this - it was long and hard, but provided a great atmosphere for Team Unity!
 - We got good at making things work and were able to help and encourage other programs!
 - That year at our district meet we stayed in the host school gym (Hermiston) and the host program and a generous family, the Barnett's fed our team breakfast.
 - Summit HS in Bend helped us purchase a new timing system by doing a fundraiser just for US!
 - Many more!



Funding begins again in '13!

- 2013 CCSD district brought back coaches pay and bussing
- All additional expenses were fundraised
- We average 80-100 until COVID and have been >100 since, steadily climbing. Last year we had 134 athletes
- My great grandma muzzy grew up in the depression and were very frugal with money and DIY alot. I feel the same going thru a time where we were zeroed in our account and what we could do was limited to what we fundraised. Hand to mouth
- We fundraise for now:
 - Extra Coaches beyond the 6 District Paid (2 additional coaches)
 - Coaching Clinics
 - Team dinners 3-4 a year
 - District and State expenses, except bussing
 - Equipment
 - Uniforms (most)
 - Facilities upgrades



This has led to...

- Two Boys 4A State Titles!
- 2 Time Oregon 4A Boys Coach of the year
- 15+ District Title (between boys and girls)
- 15+ Coach of the year awards in three different leagues
- Top 10 in GPA year in year out (Boys #1, Girls #3 in '24 & '25)
- Avg 100+ athletes over the last 5 years ('25 - 134)
- 80% Medal Rate at State
- A dynamic team with a positive attitude that is focused on the PR and encouraging each other to be your own best competition!



Fundraising

Fundraising can bring the team together. Typically 20% of the team does 90% of the work when it comes to fundraising. We try to challenge that norm.

WE ARE FUNDRAISING FOR THE FOLLOWING YEAR...LEAVE A LEGACY

We have 4 key team fundraisers that involve our team:

- Jog-a-thon
- Kids Camp - Building a Legacy
- 4th of July Splash-n-Dash
- Concessions (track and football season)

These fundraisers get the athletes and families involved.

Fence signs sponsorship primarily driven by me as the head coach and community representative for our team.

Other Sponsorships - District Meet, Equipment Purchases/Donations, Labor and Supplies
Donations, Splash-n-Dash Sponsorships

KEYS: Develop relationships with community partners and have a product or service not asking for a handout.

Don't nickel and dime yourself to death. Find something and build it. Fundraisers that we have nickel and dimed- cans @.10 per can adds up, car washes, tractor washes, rodeo and horse races trash and stall clean up, painting business windows for rodeo, paint city fire



JOG A THON

- Pledges for laps run in an hour.
Flat Rate or per lap.
- Incentives for top pledge-getter
- Drawing for cash prize
- Every few years I challenge the kids and send out letters for pledges. People are very generous!
- Kids can earn their track gear through the pledges they receive.
- Nets about \$7k/year.



SPLASH 'N DASH



- 4th of July
 - Community Event for 40 years and counting.
 - We just finished our 17th year.

- John Marsh 5k Memorial Run
- Duathlon
- Triathlon
- Quadrathlon

BBQ at Finish Line

Community is very generous and most supplies are donated!

Net approximately \$6-8k





PROUD SPONSORS OF THE **Splash n' Dash**

CROOK COUNTY
Seth Crawford
JUDGE

Tires LES SCHWAB

Wagner's MARK fresh | **SECURE STORAGE** | CHEVROLET GMC OF MADRAS | **K2 ELECTRIC**

WILD RIDE BREW PRINEVILLE OREGON | **Thriftyway** Proud of Being Locally Owned & Operated

KING'S AUTO PRINEVILLE | **Clinic Pharmacy** | **McDonald's** | **CROOK COUNTY HEALTH DEPARTMENT** | **BIGFOOT** EQUIPMENT RENTAL & SUPPLY LLC

GRAMMA SUE & PAPA DAVE | **rebound physical therapy** | **Griffin Construction, L.L.C.**

PACIFIC POWER | **RICKABAUGH CONSTRUCTION** "Building Great People" | **PESCHELNET** Smart IT. Smarter AI. | **St. Charles HEALTH SYSTEM** | **PARR LUMBER**

BEYNON A Tarkett Sports Company | **Cascade View Family Dental** | **PRIORITY** BEST SERVICE 541-362-5646 | **HOOKER CREEK** | **B's**

FONTANA | **Prineville Athletic Club** | **TDS** | **f JS LANDSCAPES INC** | **crook county prineville** chamber of commerce

Jones J LANDSCAPING | **Proactive** STRETCH THERAPY SPECIALISTS | **Domino's** | **GREENBAR EXCAVATION** | **RE/MAX** | **CWC** IN MEMORY OF BEN WOODWARD

2025 CND Sponsors



LEAVE A LEGACY KIDS CAMP

- 120+ kids, Grades 2-8
- Build excitement for track in town
- 4 Tuesdays in the middle of the season.
- After track practice, athletes to stay to help get dinner ☺
- The athletes coach and run the drills and events. Coaches plan and assist.
- Make \$1k-1500
- More of a community event rather than a fundraiser



FENCE SIGNS – WARD RHODEN STADIUM

110-120 signs

- 200 to renew
- 300 for new
- Product trade for items the track team or stadium needs
 - Concrete for throwing and sidewalks
 - Burgers from McDonalds for Splash n Dash
- Tax write off for business
- Sell as advertising and support
- We make approx. 15k



BBQ RENTAL

- Rent the track and field BBQ'er for your events
 - Weddings
 - Graduations
 - Solar Eclipse
 - Etc
- \$100 a day rent, bought it in 2019 for \$500
- We use for our events for track!
- We cook for local race Paddy Pint Race \$2000



SUPER BOWL DAM RUN (Passed to XC)

- We supply busses
- 5mile, 10mile and 20 mile run. Individual or Relay
- Partnered up with a local gym

Norm's
Xtreme Fitness Center

- Raise Approx 1-2K
- Come on out Super bowl Sunday At 9am





- (Stopped during COVID)
- 5k 10k kids 1 mile Run
- Community event
- Race/ Luncheon -Bacon Cheese Burgers/ t-shirt for \$25 DEAL!
- Silent auction- delegate to parents
 - Live auction
 - Cord of wood * Work Crew 4-6 athletes for 3 hours of work
 - Fishing Trip * Fire Hydrants * 1/2 Beef or 1/2 Pig
- Partner up with Iron Horse property- they sponsored the shirts for the race. We made approx. 4-5k
- Took a lot of time to set up and follow thru



Upgrading your equipment and Facilities Stretching your \$\$ and DIY

- Purchasing - Look at Auction sites (Govdeal.com.
Publicsurplus.com)
- Building
- Finding equipment you need or want
- play the long game....
- DIY upgrades for your program
 - Make sure you have a great relationship with your school facility crew.
 - Making your fundraised \$\$ stretch for more





POLE-VAULT & HIGH JUMPS PITS

PITS

Be on the lookout for programs that are upgrading to new pits

Pacific University PV pit and HJ pit

WE have 3 PV pits in the program (2 were free) We had 4 sold 1 to Crane

One is at our elementary school for indoor vaulting

During COVID school bought New Pit 28K





POLE-VAULT poles & HIGH JUMPS Standards

Pole vault poles

So expensive.

Look online for used poles, $\frac{1}{2}$ the price of new.

Rentpoles.com

[Used Poles for Sale | Patriot Pole Vault Club](#)

Shipping southwest air cargo,
AMAZING

HIGH jump Standards be
looking online facebook
marketplace and auction sites



Hurdles

Be on the lookout for programs that are upgrading

Look on auctions-
[Govdeals.com](https://www.govdeals.com)

[Publicsurplus.com](https://www.publicsurplus.com)

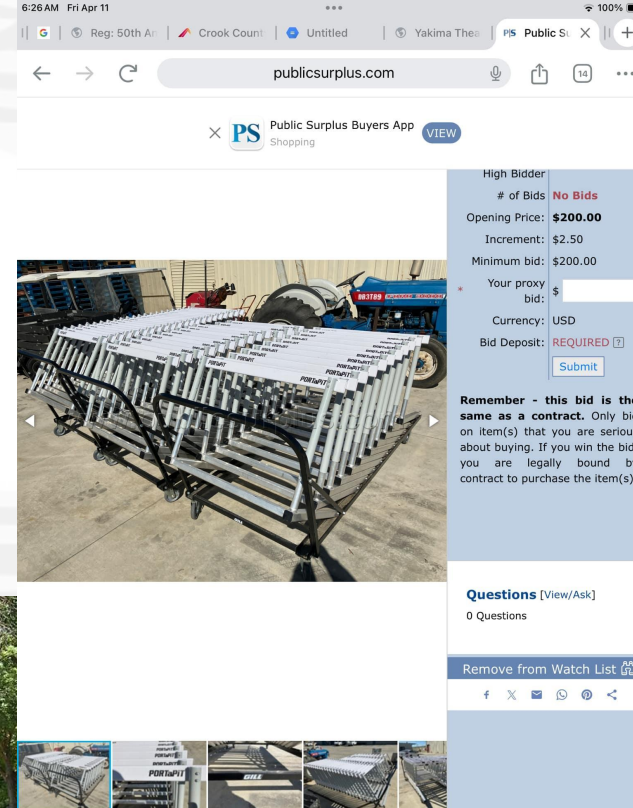
Great deals if.. Pick up and shipping

48 Gill hurdles at \$350 each for \$1200, saved \$15,600

Still need to purchase 36 more but it get us more than ½ way there to a full set

\$1000 for hurdles/\$1200 for transportation

OSAA has a grant w applied for and won for 1k for hurdles



Refurbish Hurdles

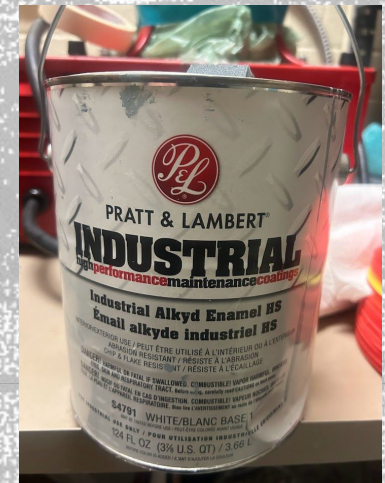
Be on the lookout for programs that are upgrading

Pickup older hurdles cheap or free

Repaint boards instead of
\$25 per board (Spray Paint)

Repaint riser tubes (Dip in Oil
based paint)

Cricket- Print out board
stickers





Starting Blocks

Be on the lookout for programs that are upgrading

Dig out of trash? we did.

- Replace spikes
- Set screws adjusters
- Buy new or paint the pedals

We have a MS practice set of blocks

2 sets of Good blocks we use at MS Meets (so we don't have to move blocks during the meet we leave at the start of the 100/400/200)

1 HS varsity set of blocks (MS and most of time don't use for practice)





Timing

We run flash timing
and Pyro as backup the last 10
years

Upgraded to newer flash 100
system

our back up is the older flash 60
system

didn't want to pay the \$600 for
the housing box that didn't fit
what we needed.

Build a box to house both
cameras (father in Law)

Better than the mailbox we used
for the last 10 years



LONG JUMP Sand/Boards

When we first added sand it cost \$2500 delivered

They didn't take into account the settling of the sand 1st yr

Ended up with 2 out of 3 pits $\frac{1}{2}$ full

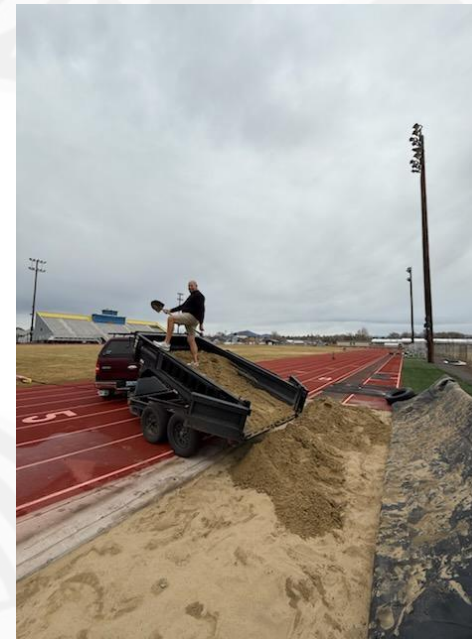
For \$ 10, I get a load of the same beach sand. in Coos Bay

Total cost \$ 120

\$10 sand a load

\$200 for hotel room and gas to Coos bay

BOARDS- $\frac{3}{4}$ ply and marine paint



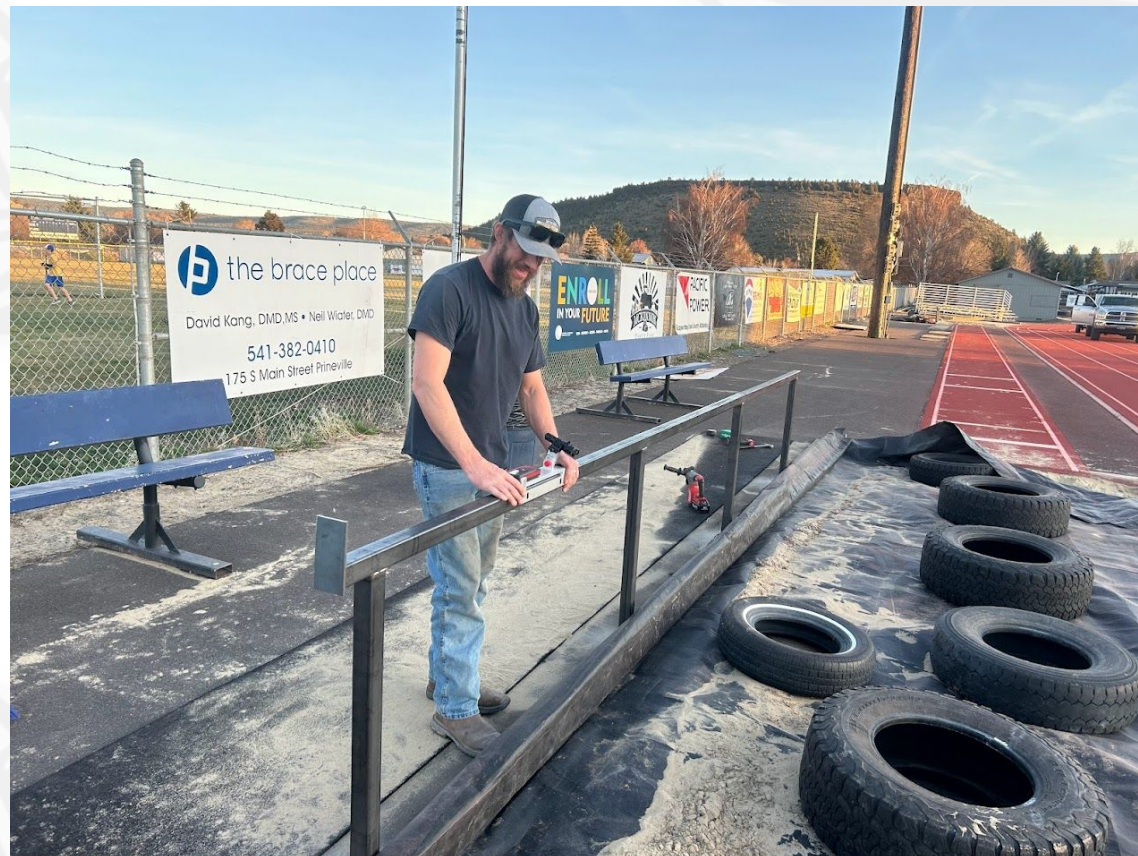


LONG JUMP

Laser measure

Designed and made by a local metal designer and miller-Nate

- speeds up the long jump event by $\frac{1}{2}$ the time. More jumps in a less time.
- Cost \$350 for the Leica laser measure, \$50 for laser pointer off amazon.
- Laser news to have the off set option.
- \$600 for 2 metal rails built by local fabricator



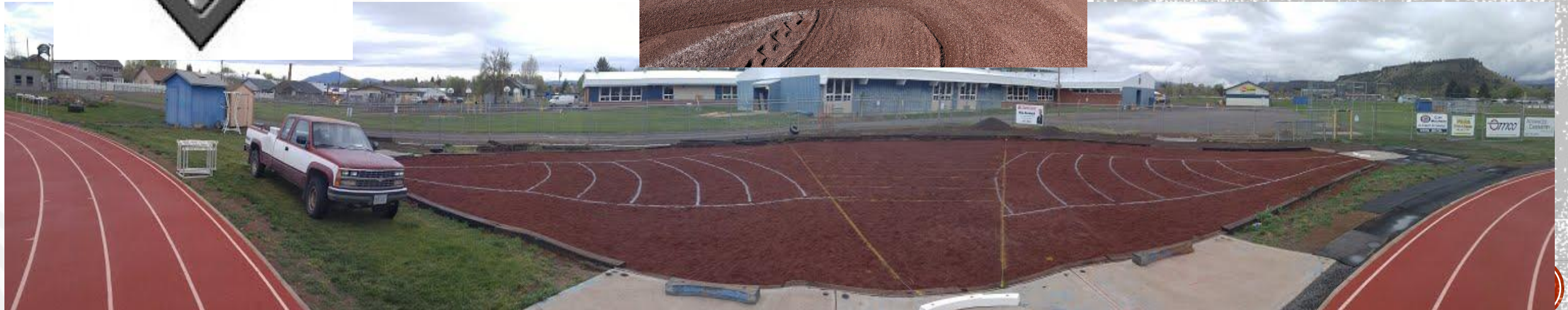
BUILDING Shot THROWING Area "The Pit"

Crushed cinder dust

\$25 a load nearby pit

Labor Donated

Smith Farms Sponsors



BUILDING Shot THROWING Area "The Pit"

\$1500 of \$2300 of concrete
donated

Labor Donated-PV
Concrete

Total Cost \$800 and some
sweatshirts!

2 Shot Returner- Built &
Donated





BUILDING

Awards stand for district meet

My father in law- Larry (Retired) Built the stand.



Tires for PLYO Training
Les Schwab's

Also Functional Strength
Tires for Flipping and
Pulling





Facilities

Concrete walkways

Easy access to shed to roll cart in and out

Concrete Donated- ask all they can say is NO!

labor cost us track gear and stadium fence sign sponsorship for 3 years.



Facilities

Used Turf by the truck load for walkways instead of rubber mats

cost \$3500 for a semi load of turf. Very heavy

cost \$400 in tacos to football team in moving turf. well worth it!

Cleans up area and able to not have yard sale look with rubber mats



Track Shoes/Spikes



SHOE ROOM

Online deals

Throwing Shoes \$25

FTTF.com

Vsathletics

Goodwills/Thrift stores

Also I ask each senior to donate shoes that they are not using and to write there EVENT, PR and NAME on the shoes.

Build a legacy!



Track Uniforms



Track Uniforms DIY
Buy closeout uniforms

- Epic Sports
- Vs athletics
- FTTF.com

Design and purchase
Iron logo

- Ninja Transfer
- Versatrans

Buy or borrow a heat
press (check school)

EASY- had my student
aids press many
uniforms and shirts



THROWING EQUIPMENT



Online deals

Discounts due to wrong weight or damaged goods.

Good for practice or fix for competition

ONTRACK is a good place to start

4throws.com (Amazing)

Vsathletics

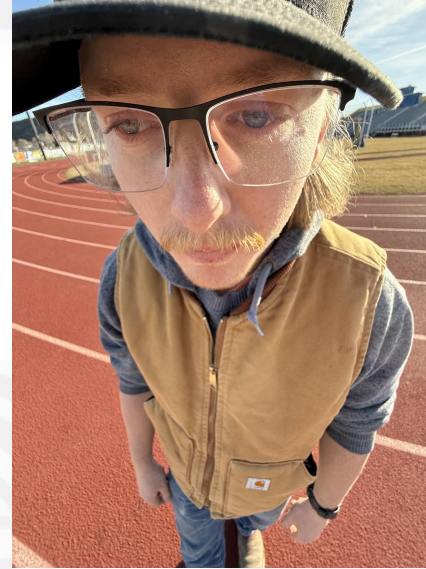
Buckets for Meets

-its high school and more implements help in more throws/ less retrieving (More THROWS)



THROWING EQUIPMENT

Javelins



Online deals

[Alibaba.com](https://www.alibaba.com)

Practice Javs for \$30

[4throws.com](https://www.4throws.com) great deals. inexpensive shipping and great product

DIY- Regrip old javs
String and Glue and
youtube

Coach Slawter- Jav
whisperer



THROWING EQUIPMENT Shots

Online deals

Local College donation

Finding OVER Wt shots
and UNDER wts shots
Spinner Shots new caps
made at metal shop

label or color code

Only buy spinners to
adjust weight to make
legal.

JB weld for flat spots
and doviots

Spray paint to hide
imperfections



THROWING EQUIPMENT Discus

Online deals

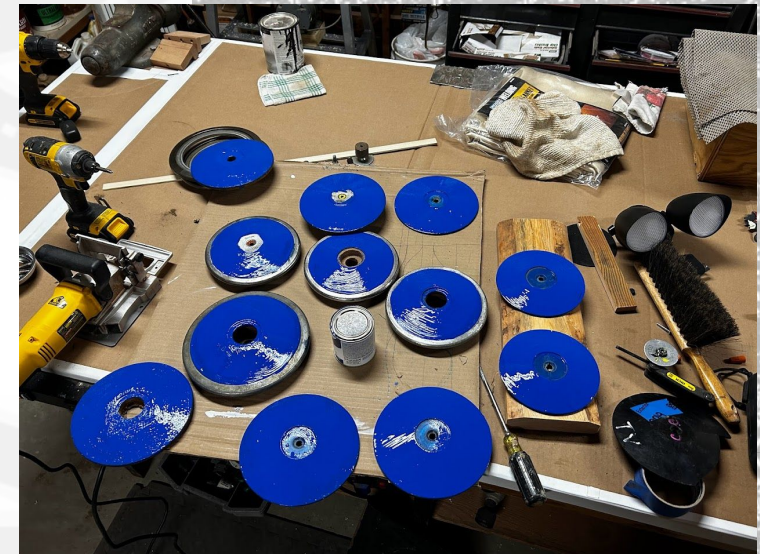
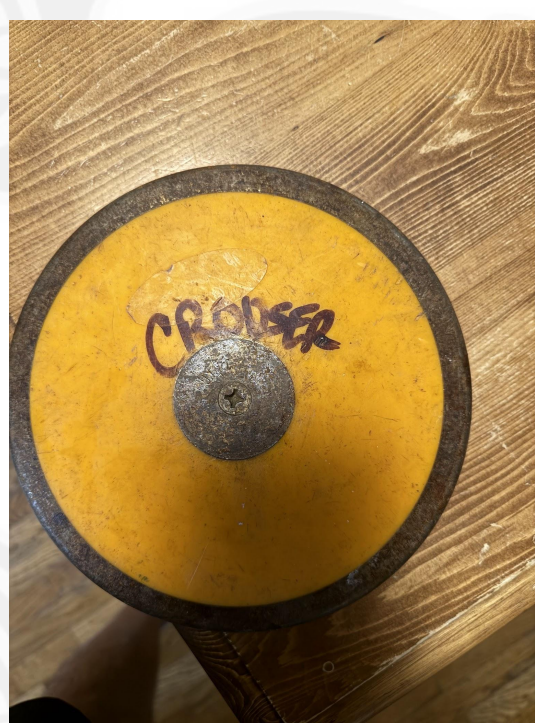
Vs \$25 April fools sale

Local Colleges donation
of broken discuses

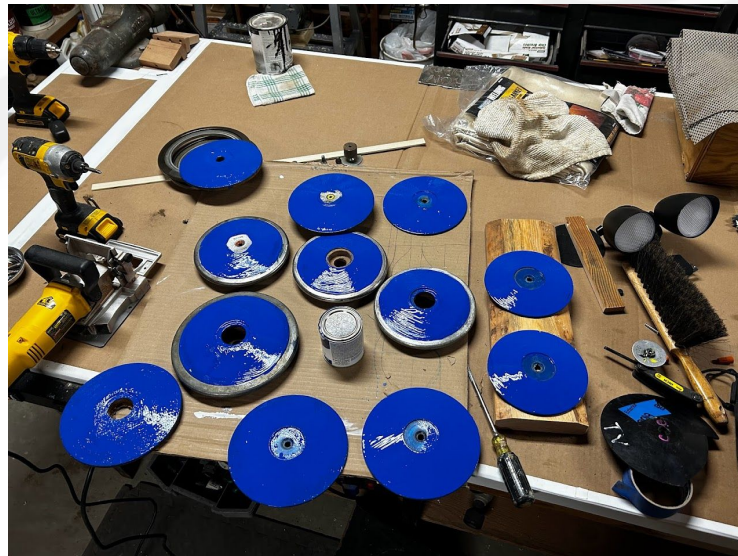
Repaint Woods Discs

Repair Side plates

Hard to find and buy
plates



THROWING EQUIPMENT PhD



Look around your sheds and find all of those 1/2 broken discus and bring life back to them.

If no time box up and send them to me. if i can repair and will send back or hodge podge together and give to a needing program.

Ernie Brooks

541 Loper

Prineville OR 97754

541 350 3405

Ernie.brooks@crookcounty.k12.or.us



Contact info:

Ernie
Brooks

541 Loper

Prineville
OR 97754

541 350
3405

Ernie.brooks@cro
okcounty.k12.or.us



TRACK AND FIELD