



2018 Prairie School Track and Field Team Handout



Good evening and welcome to the 2018 track & field season!

Thank you athletes and parents for your attendance tonight. We have a great group of kids! The goal of our coaching staff is to have a fun season filled with personal records.

New this year, US Track will have one Head Coach per gender. This divides administrative duties between the two coaches, allowing us to more effectively coach our athletes.

COACHING STAFF & MEET ENTRIES

- Kathleen Rooney - Head Girls' Track & Field Coach/ Distance
 - 4th year head coach, 2 as assistant coach
 - 6 years assistant Cross Country coach
- Shaun Liesch - Head Boys' Track & Field Coach/ Hurdles
 - 1st year head coach, 2 as assistant coach
- Anton Graham - Jumps
 - 3rd year assistant coach
 - Coached 8th place triple jump at indoor state - 2017
- Kelsey Hansen - Throws
 - 2nd year assistant coach
 - Coached school record Discus thrower - 2017
- Jessica Johnson - Sprints
 - 3rd year assistant coach at Prairie with 3 additional years at Case High
 - Coached school record 1600m Relay and 2nd place state finish - 2015
- Mike Vanko - Throws & Sprints
 - 3rd year assistant coach
 - Coached school record Discus thrower - 2017
 - Coached school record 800m Relay and 7th place state finish - 2016
- Coaches work together to determine who competes in events.
- Meets may either limit entries to 2-3 per event or have unlimited entries
- Entries are determined by performance during practices and meets
- Athletes can participate in 4 events max, no more than 3 running
- Entries are typically final 3-5 days before the meet and cannot be changed
- Top athletes in each event will most likely be entered into Conference & Regionals
- Athletes must place within the top 4 places to advance to Sectionals & top 4 places in sectionals to advance to State

PRACTICES

- Attendance is mandatory!! Schedule appointments around/ after track
- Monday-Friday 4:00-6:00 PM regardless of weather
- Saturdays* optional practice when not a meet day for athletes interested in extra training or to make up a missed practice. May be held at UW-Parkside outdoor track
- Occasional off site practices at Carthage or Parkside
- Practices are closed - no parents or non track athletes allowed at practices
- Athletes dressed and ready with water bottle and shoes laced and tied by 4pm meeting

- Distance Runners - required to carry watches at every practice
- INHALERS - All athletes are required to have them labeled and with them at all times!!!
- Be Prepared for ALL weather conditions - Bring extra layers daily!
- **Practice Format**
 - 4pm - Meeting with athletes dressed and ready with water bottle & shoes tied
 - Following meeting - Warm-up (10-15 minutes)
 - 4:15pm - Break into individual groups for workouts (sprinters, jumpers, distance, throwers & hurdlers)
 - 5:45pm - finish workouts and start cooldown & recovery
 - 6:00pm - end of practice. Athletes should be picked up promptly at 6:00pm

SPRING BREAK (Saturday, March 24 - Sunday, April 8 (2 Full Weeks))

- Practice Monday - Friday to prepare for indoor meets
- Complete the distributed forms and notify your Head Coach of spring break travel plans
- If you are not traveling, you are expected to attend practice!
- If you are traveling, your coach will give you workouts

DUAL ATHLETES

- Any athlete competing in a club or AAU sport during track season
- Monitored closely to prevent overtraining
- Athletes MUST submit practice & game schedules to coaches on the Track & Field Dual Athlete Google Calendar
- Athletes will not be penalized for missing practices & meets with VALID excuses

INJURED ATHLETES

- Still expected at practices and meets
- Report immediately to Kayla McClure, our Athletic Trainer on site.
- The faster you report the faster your assessment and your recovery plan can start

PARENT SUPPORT

- Team Parent -- Beth Polzin - email: bethpolzin@gmail.com
- Support athletes and team AT MEETS!!!
- Assist with hosting pasta parties, creating locker decorations, senior night, and end of season banquet.
- Pasta parties are a great opportunity for athletes to bond. A few parents will host dinner and the athletes that attend are asked to pay \$5 to the student pasta organizer that is then given to the pasta party host. They are not mandatory, but they are highly recommended
- Tentative dates of pasta parties will be 4/13, 4/26, and 5/10
- Sign up on the clipboard tonight OR email Beth Polzin

UNIFORMS & WARM-UPS

- All athletes will be assigned uniforms and warm-ups
- Uniforms will be kept & maintained by the athletes throughout the season and returned at the end
- **Uniform Care:** Wash in cold, delicate and hang dry.
- Warm-ups are distributed before meets and returned at the end of the meet to better maintain for years to come

- Uniform Return Policy: Schedule of fees for unreturned team issued gear:
 - Uniform \$100
 - Warm-ups \$100
 - Equipment \$100
 - **NOTE: \$100 per line item, up to \$300 per student**

MEET INFORMATION & SCHEDULE* subject to change

- Beginning Friday 4/13, there will be a dress code for meet days
 - Boys - wear dress pants, shirt, and tie or suit if they wish
 - Girls - wear skirt and top or dress
 - No tennis shoes, jeans, polo shirts or t-shirts on dress up days
- SENIOR NIGHT: Friday, May 4 at Martin Luther - ALL ATHLETES interested owe \$20 for senior shirts
- Beginning Friday 5/4, dress code will be senior t-shirt OR the same dress code
- School policy that ONLY those athletes participating (including alternates) in the meet will be allowed for early dismissal during the school week
- PRE-MEET SUBS: Athletes are encouraged but not required to order a pre-meet sub sandwich and chips from Danny's Meat Market on 3 school night meets (4/18, 5/16, & 5/21). The cost is \$6.00 per meet for a total of \$18. Those that qualify for the Sectional meet, we will add an additional order at that time.
- Team members must travel on the bus ROUND trip for out of town meets unless coaches are given written request before AND parent talks with coaches at the meet prior to leaving.
- Athletes may only go home with their parent/guardian
- All track athletes are expected to attend Saturday meets
- Track Banquet dinner: Tentatively Wed., June 6 at 6pm at Wind Meadows Clubhouse. More information will follow.
- Schedule on next page

We are happy to answer any questions now. If you have any questions that could not be answered tonight, please contact one of us.

GO HAWKS!

Kathleen Rooney, Head Girls' Track & Field Coach

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THE PRAIRIE SCHOOL

2018 Track & Field Meet Schedule

Date	Time	Bus	Meet	Location
Indoor Season	*All meets are Co-Ed unless marked*			
Tues. March 13	6:00 PM	N/A	Park Meet - Boys Only	Park High School (Racine)
Thurs. March 15	6:00 PM	N/A	Park Meet - Girls Only	Park High School (Racine)
Sat. March 24	9:30 AM	N/A	Racine Invite	UW Parkside (Kenosha)
Sat. March 31	9:30 AM	N/A	Case Classic Invite	UW Parkside (Kenosha)
Sat. April 7	TBD	N/A	State Indoor Championship	UW Whitewater (Whitewater)
Outdoor Season				
Sat. April 14	10:00 AM	N/A	St. Joseph Lancer Invite	Indian Trail HS (Kenosha)
Wed. April 18	3:30 PM	1:35 PM	Hamilton Invite	Hamilton-Sussex HS (Sussex)
Sat. April 21	9:30 AM	7:45 AM	Viking Invite	Wi. Lutheran HS (Milwaukee)
Sat.. April 28	TBD	TBD	County Invite	Union Grove HS (Union Grove)
Fri. May 4	3:30 PM	1:45 PM	Martin Luther Invite	Martin Luther HS (Greendale)
Fri. May 11	4:00 PM	2:00 PM	West Allis Hale Invite	Nathan Hale HS (West Allis)
Wed. May 16	3:00 PM	1:15 PM	Conference	Martin Luther HS (Greendale)
Mon. May 21	TBD	TBD	Regionals	Whitewater HS (Whitewater)
Thurs. May 24	TBD	TBD	Sectionals	East Troy HS (East Troy)
Fri & Sat. June 1 & 2	TBD	TBD	State	UW La Crosse (La Crosse)

View most current schedule online at: <http://www.metroclassicwi.org/public/genie/449/school/9/>