



2020 Prairie School Track and Field Team Handout



Good evening and welcome to the 2020 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.

COACHING STAFF & MEET ENTRIES

- Kathleen Rooney - Head Co-ed Track & Field Coach/ Distance
 - 6th year Head Coach, 2 as Assistant Coach
 - 8 years Assistant Cross Country Coach

- Anton Graham - Jumps
 - 5th year Assistant Coach
 - Coached 8th place triple jump at indoor state - 2017
 - Coached state qualifiers in TJ, LJ, HJ - 2019

- Mike Vanko - Hurdles
 - 5th year assistant Coach
 - Coached school record Discus thrower - 2017
 - Coached school record 800m Relay and 7th place state finish - 2016

- Michael Menzhuber - Throws
 - 1st year Assistant Coach
 - Assistant Coach - Throws - Middle School - 2019

- Chris Hicks - Sprints
 - 2nd year Assistant Coach
 - Coached state qualifier in 400M - 2019
 - Assistant Jump Coach 2018
 - State sprinter experience in 2008-09

- 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 in Regionals 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
- Practice on Saturdays will be 10:00 - 11:30am.
- 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 21 - Sunday, April 5)

- Practice Monday - Friday to prepare for indoor meets
- Complete the distributed forms and notify Coach Rooney of spring break travel plans
- If you are not traveling, you are expected to attend practice!
- If you are traveling, your speciality 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 first day of practice or the day your club coach submits team schedule
- 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 --Petra Dinges - pekaju66@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 Fri. 3/27, Fri. 4/24, and Mon. 5/18. Sign up on the clipboard tonight OR email Petra Dinges

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 Tuesday 4/7, 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 15th at West Allis Athletic Complex - ALL ATHLETES interested owe \$20 for senior shirts. Shirts are optional.
- Beginning Friday 5/15, dress code will be senior t-shirt OR dress up
- 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 Meats on the following school night meets (4/7(boys), 4/8(girls), 4/23, 5/1, & 5/26). The cost is \$24.00 for the 4 meets. We will be going to Kopp's Custard for dinner(optional can bring bagged dinner) on 4/17, 5/7, 5/15 & 5/19. Athletes will need to bring \$\$ on those days. 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 and Saturday practices.
- Track Banquet dinner: Tentatively Wed. June 10th at 6pm at Wind Meadows Clubhouse. More information will follow.
- Schedule on next page or <http://www.metroclassicwi.org/public/genie/449/school/9/>

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

GO HAWKS!

Kathleen Rooney, Head Co-ed Track & Field Coach
 Email: kathroons@gmail.com Cell: 262-498-9189





THE PRAIRIE SCHOOL

2020 Track & Field Meet Schedule

Date	Time	Bus	Meet	Location
Indoor Season	*All meets are Co-Ed unless marked*			
Tues. March 17	6:00 PM	N/A	Park Meet - Boys	Park High School (Racine)
Thurs. March 19	6:00 PM	N/A	Park Meet - Girls	Park High School (Racine)
Fri. March 20	3:30 PM	N/A	Lake Michigan Invite - Girls	Carthage College
Sat. March 21	10:00 AM	N/A	Lake Michigan Invite - Boys	Carthage College
Tues. March 24	4:00 PM	1:50 PM	Indian Trail Invite	Indian Trail (Kenosha)
Sat. March 28	9:30 AM	N/A	Case Classic Invite	UW Parkside (Kenosha)
Sat. April 4	TBD	N/A	State Indoor Championship	UW Whitewater (Whitewater)
Outdoor Season	*All meets are Co-Ed unless marked*			
Tues. April 7	4:00 PM	1:30 PM	Brookfield East Invite - Boys	Brookfield East (Brookfield)
Wed. April 8	4:00 PM	1:30 PM	Brookfield East Invite - Girls	Brookfield East (Brookfield)
Fri. April 17	4:00 PM	1:45 PM	Franklin Invite	Franklin High School
Thur. April 23	4:00 PM	1:45 PM	Whitnall Invite	Whitnall High School
Sat. April 25	9:30 AM	7:30 AM	Viking Invite	Wisconsin Lutheran High School
Fri. May 1	4:00 PM	1:45 PM	County Invite	Waterford HS
<i>Sat. May 2</i>	<i>9:00 AM</i>	<i>7:00 AM</i>	<i>COUNTY RAIN DATE</i>	<i>Waterford HS</i>
Thurs. May 7	3:00PM	1:00 PM	Martin Luther Invite	Martin Luther HS (Greendale)
Fri. May 15	3:30 PM	1:15 PM	Nathan Hale Invite	West Allis Nathan Hale HS
Tues. May 19	3:00 PM	1:00 PM	Conference	Martin Luther HS (Greendale)
Tues. May 26	TBD	TBD	Regionals	TBD
Fri. 5/29	TBD	TBD	Sectionals	Princeton
6/5-6/6	TBD	TBD	State	UW La Crosse (La Crosse)

6/13	TBD	TBD	FRESHMAN State	Arrowhead High School
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