

Welcome!

I am Coach Rooney, Head Boys/Girls Track & Field Coach. My coaching focus is on mid-long distance. I've been affiliated with TPS for 20 years as my 4 daughters attended Prairie and all were student athletes. So I really do get the balancing act of academics, athletics, friends and family. I've been coaching for 9 years and I am excited to have another fun year filled with PR's on the track and personal growth off the track.

At this time, I will introduce the Assistant Coaches who are instrumental to our team as T & F is organized chaos with many moving parts.

Our newest Coach is Coach Mike- our throws Coach. You may have seen practicing his craft at the outdoor throwing circle trying to throw the discus just a little farther one is never too young or old to chase that personal record.

Coach Hicks - sprints - this is his third year at Prairie and he coached Franci to state in the 400M his first year.

This will be Coach Vanko's 6th year, the most versatile coach at TPS. He has coached golf, BB, sprints, throws, and he will be coaching hurdles this year.

Coach Graham will also be starting his 6th year as our jumps coach. In 2019, he took a senior to State in each one of his events....long jump, triple jump, and high jump.

But even with this awesome coaching staff we cannot perform miracles! I personally believe 50% is training and the other 50% is showing up, having a positive attitude, getting adequate sleep, fuel/hydration, a proper warmup to maximize productivity of the entire training workout and cooldown to aid in recovery, and yes even wearing running shoes to practice. Parents, if you can help us with this, we would be so grateful. Speaking of fuel and hydration...it is very difficult to do a track workout if you skip breakfast. Even if you have breakfast and lunch, it would be smart to get a healthy snack around 2:00 - 2:30.

A few new things this year will be a little more focus on mental fitness....We will be incorporating some training in visualization, breathing, and relaxation. We will be learning these techniques through meditation and yoga.

Practices are mandatory Mon. - Sat. if one has to miss practice, it is the athletes' responsibility to communicate via email(kathroons@gmail.com) before track practice begins.

Team parent - Petra will be emailing on Sunday evenings the weekly update. Please read as there is valuable information. We may have opportunities for parents to volunteer at our end of the season banquet. That information will come out in the middle/late season in an email.

Athletes will be transported to/from Prairie by bus unless otherwise specified on our meet schedule. If a parent needs to pick up their child from a track meet, I need an email from you before the track meet. I just need to see you at the meet if you'll be taking your child home. An athlete can only go home with a parent.

Looking forward to working with this team.



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