

The Track & Field Team

at Phoenix High School

WHAT IS THE TRACK & FIELD TEAM?

Track and Field is a comprised of 17 different events, grouped into sprints, distance, throws and jumps. Student-athletes may do as many events as they want over the season, but no more than four in a single meet.

This sport allows for success to be measured in both individual and team efforts.

WHY SHOULD YOU CONSIDER JOINING THE TEAM?

- This is a tremendous amount of fun.
- Everyone will have a chance to improve in measurable ways
- Team bonding trips might be planned to the Oregon coast and elsewhere.
- With 17 different events available, there is truly an event for everyone!
- Phoenix HS Track has a history of success...become a part of its tradition!
- National studies are clear, and demonstrate that . . .
 - ↳ Grades improve when students do sports
 - ↳ Exercise contributes directly to longer life, more efficient brains and strengthened long-term memory.
- You can earn 4 Advisory Capstone hours toward graduation each season.
- You can earn ¼ p.e. credit toward high school graduation each season.
- You will learn about nutrition and healthy habits.
- All grade levels – even freshmen – have a chance to earn Varsity (this does not happen on many other teams or sports.)
- Do you do a fall or winter sport? If so, then Track will get you in shape for it better than any other spring sport will.

PHILOSOPHY AND GOALS FOR THE SEASON

- Have fun !
- Honor improvement at all levels.
- Compete and practice with effort.
- Develop a goal-orientated approach toward your preparations.
- Workout in practice with purposeful intent.
- Celebrate “team”.
- Recruit...a large team is the key to being successful and competitive in this sport.
- Create the tradition you want this program and your legacy within it to be known for.
- Outreach to the Talent Middle School TF team...they are the future of our program!



TRACK AND FIELD

at Phoenix High School

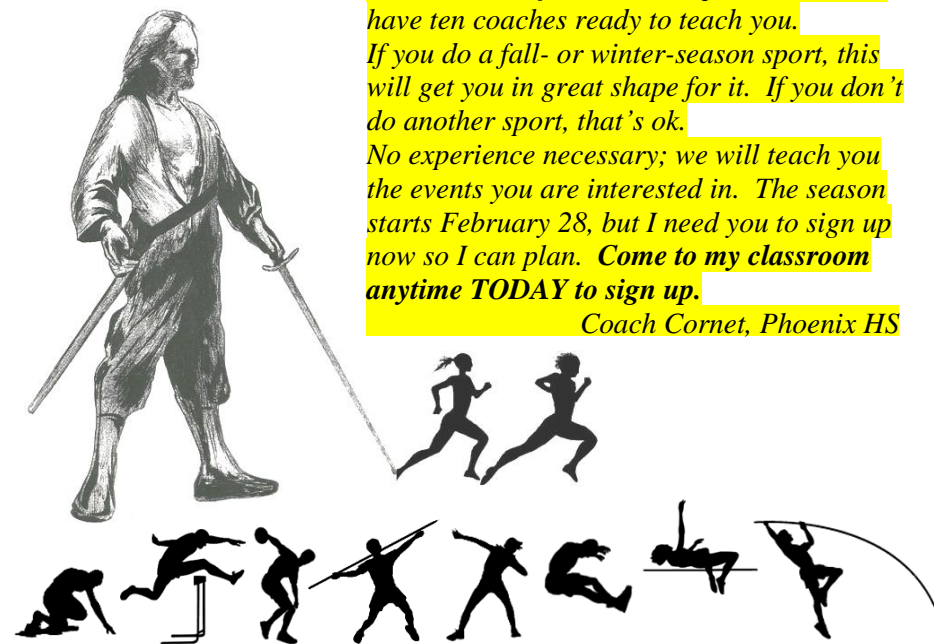
Join the Track & Field Team!

This is a tremendous amount of fun. We are looking for THROWERS, JUMPERS, SPRINTERS, HURDLERS, AND DISTANCE RUNNERS. If you don't want to run, you can throw. There are 17 different events, and everyone has something they can find success in. Our entire focus is on improvement. We have ten coaches ready to teach you.

If you do a fall- or winter-season sport, this will get you in great shape for it. If you don't do another sport, that's ok.

*No experience necessary; we will teach you the events you are interested in. The season starts February 28, but I need you to sign up now so I can plan. **Come to my classroom anytime TODAY to sign up.***

Coach Cornet, Phoenix HS



“A tradition of Track & Field excellence, since before 1936.”

Honor – Integrity – Discipline – Sportsmanship
Purposeful Training and Effort

PHOENIX HIGH SCHOOL TRACK & FIELD
2022 COACHING STAFF (experience includes this 2022 season)

Coach Brian McKinnis	33 years	Jumps (Triple/Long/High)
Coach John Cornet	31 years	Head Coach, Hurdles
Coach Mike Davis	25 years	Distance
Coach Tyler Davis	14 years	Distance, 4x400m
Coach Eric Richey	13 years	Throws (Shot Put, Javelin, Discus)
Coach Quin Haldane	9 years	Sprints, 4x100m, Weight Room
Coach Nathan Watt	4 years	Sprints, 4x100m
Coach Devin Rodman	3 years	Distance
Coach Marci Klimek	2 years	Distance
Coach Lupita Alegria	2 years	Sprints
Coach Daniel Jansen	2 years	Pole Vault
Coach Cristal Tellez	1 year	Throws (Shot Put, Javelin, Discus)
Coach Shayla Potratz	1 year	Distance
Coach JJ Lateu	1 year	Sprints

Other coaches tba

(USUAL) PRACTICE SCHEDULE

A typical practice may look something like this:

3:53p-4:05p Attendance/Announcements
Team Warmup

4:05p-4:50p Technique Specialty Work

4:55p-5:30p Running, strengthening or conditioning workout

Team Meeting/attendance: Everyone together
Warmup Together, then separate to Distance, Throws and Sprinters/Jumpers/Hurdles for event-specific warmup.

<u>Technique:</u> Sprint drills Relays Blocks	<u>Technique:</u> Hurdles Long/Triple High Jump	<u>Technique:</u> Javelin Shot Put Discus	<u>Workout</u> Distance
<u>Workout:</u> Workout for Spr/Jmp/Hdl	<u>Technique:</u> Event 2 tba Or <u>workout</u>	<u>Technique:</u> Jav/SP/Disc Or <u>workout</u>	
	<u>Technique:</u> Event 3 tba Or <u>workout</u>	<u>Technique:</u> Jav/SP/Disc Or <u>workout</u>	

All student-athletes should anticipate practices will go to 6:00p, although some may be done earlier depending on your events. Some coaches may sometimes be available until 6:30p should any athletes voluntarily chose to practice for additional technique training. There will be practices over spring break for those who are in town; time/days tba. Every day we have school, you may expect our having a practice, even if it is in adverse weather. Track is an all-weather sport!

EQUIPMENT NEEDS

- A good pair of running shoes
 - ↳ Avoid minimalist, Nike Flex, cross trainers, etc.
- Comfortable workout clothing, including warmup pants
- A water bottle
- (*for girls only) A sports bra
- (*recommended for distance runners) A wristwatch
- (*recommended for all) Event-specific competition spikes

WHEN IS THE SEASON?

Winter pre-season: mid-January to late-February is an optional conditioning program.
Official Season: March to mid-May for all, and to late-May for State Championship qualifiers.

DUAL-SPORT ATHLETES

Phoenix Track is open to the possibility of dual-sport (OSAA or community/club) athletes. We are willing to work with such athletes, including dismissing them early from an occasional practice so they can make their other sport commitments, but it is our expectation that such athletes do practice at least a full hour with the Track team daily (unless excused) and not miss any track competitions in which they are entered. Dual sport athletes might be ineligible to be on a relay unless they can commit to attending entire practices.

VARSITY and JUNIOR VARSITY QUALIFICATIONS

For Junior Varsity recognition

- ✦ Complete the entire season
- ✦ Participate in practices and competitions purposely and with effort.
- ✦ Demonstrate good sportsmanship to athletes, coaches and spectators, regardless of their team affiliation.
- ✦ Demonstrate commitment to the program, as evidenced by initiatives like leadership, regular attendance and participation, recruiting others, coachability, optimistic approach, a 'can do' attitude, etc.
- ✦ Return all team-issued equipment promptly following the last meet of your season.

For a Varsity letter

- ✦ Complete the Junior Varsity requirements listed above, *and...*
- ✦ Compete in at least four (4) meets, and compete in at least ten (10) races/events
- ✦ Earn at least six (6) Varsity Points OR meet one of the below qualifying standards:

	<u>Girls</u>	<u>Boys</u>		<u>Girls</u>	<u>Boys</u>
100m	sub-14.0	sub-12.0	High Jump	4'8"	5'8"
200m	sub-28.0	sub-24.0	Long Jump	14'8"	18'0"
400m	sub-65.0	sub-54.0	Triple Jump	30'0"	38'0"
800m	sub-2:36	sub-2:10	Pole Vault	7'0"	10'0"
1500m	sub-5:30	sub-4:30	Shot Put	30'0"	40'0"
3000m	sub-12:00	sub-10:00	Discus	88'0"	110'0"
High Hurdles	sub-18.5	sub-18.5	Javelin	90'0"	135'0"
300m Hurdles	sub-54.0	sub-45.0	Relays	no time standard	

These time standards are the average 3rd place on any team in Oregon from 2016-2018.

**FOR INFORMATION ABOUT – OR TO JOIN – THE TRACK TEAM,
PLEASE CONTACT COACH CORNET AT
541-535-5232 OR JOHN.CORNET@PHOENIX.K12.OR.US**