

2023 Track and Field

Meeting



TEAM VALUES... give us focus and guides our decisions

GRIT: Track and field requires hard work. The base of our sport is physical fitness – you **WILL** be in better shape at the end of the season! We value practicing hard so we can compete hard. The best races are not ones that we win, but ones that we **KNOW** we could not have competed any harder.

HARMONY: togetherness, teamwork, vibe, etc. Success is not worth having if we are not good people to one another.

RECRUIT! Track is a numbers game. Get your friends out for track and field! This sport makes you better at **EVERYTHING ELSE**. We've lost a lot of numbers over the years. Let Coach Connor know about anyone who could be a good track athlete!

Administration Notes

Couple baseline rules....

- Not at practice not at meets
 - Makeups in the morning after morning practices
 - Tuesday/Thursday at 6:45 - Coach Connor
 - Friday at 6:45 – Coach Heitzman
- Drop out of an event? Miss the next meet

Communication

- Practice info will always be sent out Sunday night.
- The website will be updated on a regular basis once the season begins
- Remind – this app will be used for cancellations, changes, announcements and reminders
- As always – email or text coach Connor with questions or concerns

Practice

- Register online!
- You must have an updated sports physical to be with the team

Busing

- Only an athlete's parent or guardian can sign them out to go home with them and not on the bus. They must sign out using the clipboards located at the team camp. An athlete can only go home with someone else if they receive written prior approval from the athletic director. Athletes are expected to stay at the meet until all of their teammates are done competing.

Middle Schoolers

- Middle school teammates who are brought up will practice with the high schoolers. The activity bus brings middle school students to the high school and then to the track (once it's warm enough)

Uniforms

- Athletes are expected to wash their uniforms in cold water after every meet and air dry. The cost of a lost or damaged uniform is roughly \$150. Warm ups are \$200

Spikes/Throwing Shoes

- Spikes are available to rent for \$10. Bring cash or check (Connor Haugen)
- Throwing Shoes are available to rent for \$20

Meets

- No athlete should miss a meet without getting approval from Coach Connor. There are very few reasons an athlete should miss a meet.

Practice Clothing

- Wear good shoes and appropriate clothes. No shorts or t-shirts in under 60 degree weather!
- DISTANCE: Over 20 degrees we run outside on the road

What events do we need kids in?

High jump, hurdles, all boys jumps, boys mid-distance, and girls sprints.

Important Dates:

March 13th – practice begins. 3:15 EVERYDAY. We start at the high school until weather allows us to be at the track. Practice schedules/details will be sent out every Sunday.

March 27-28 are Spring Break Practices: We will have practice during Spring Break. A parent's note is required to be excused from Spring Break practices. Practices will likely be 9-11.

Saturday April 1st – First meet (indoor CLC) I believe this is a slightly limited meet – 3-6 per event. I would love to take as many kids as we can!

Tuesday April 11th- Fergus Falls

Tuesday April 18th – Rocori

Tuesday April 25th – Willmar Home Meet

Tuesday May 2nd – Alexandria Relays

Thursday May 4th – Orono meet OR Sartell Meet

Friday May 5th – PROM! Practice in the morning for those attending? We'll see

Wednesday May 10th – True Team Sections at Orono

Friday May 12th – Sartell meet (For everyone NOT at True Team Sections)

Tuesday May 16 – Alexandria Tri

May 20th – True Team State Stillwater! We EXPECT to go! **NO GRAD PARTIES, SENIORS!**

May 23rd – CLC (top 3) at Sartell

May 25th – CLC for everyone else!

May 31 – section prelims at ?

June 3 – Section Finals at Detroit Lakes. **NO GRAD PARTIES, SENIORS!**

June 9/10 – State at St. Michael/Albertville. **NO GRAD PARTIES, SENIORS!**

June 12 – ‘banquet’ smores and hotdogs Sunday evening at Coach Connor’s house. Yard games included.

General Week Flow

Before and after meets we have pre-meet/recovery practices.

Meet weeks we will have one intense workout. Weeks where we don’t have a meet there will be 2 intense workouts. Speed, tempo, intervals, etc. (usually Mondays/Thursdays or Thursday/Friday)

Each week we will have 2 morning practices for lifting and team core. **These are essential for team building and training.**

Every Saturday our distance kids will meet at Bramblewood(?) park for a long-ish run or rotating halves and donuts/juice.

General Practice Flow

3:15 – practice meeting.

3:25 – Everyone warms up (2 laps sprints/distance and one lap throwers. Then group into families for active warm up)

3:45 – Sprints sprint. Distance runs. Throws throw.

4:30/5:30 – Hard days are hard. Easy days are easy. If it’s a hard day our field event kids will do field event steps/practice/drills. If it’s a hard day expect to be done by 5/5:30. If it’s an easy day we’ll be done before that. If you’re in multiple field events our assistant coaches will coordinate where you go on each given day.

Championship Season Guidelines

All Events are scored based on how well individuals/relay teams place to determine a meet winner. Depending on the meet, it can be 8/12 pts for first place all the way down to 1 point for last place.

In our championship season, we want to win 2 meets for our girls and 3 meets for our boys.

CLCs. Top 3 athletes in each event and one varsity relay. Alexandria has continuously won this event over the past few years. Can we stop that?

True Team Sections. 2 athletes in each event and one varsity relay. This is the best meet of the year. If we win our section we qualify for Team State at Stillwater. Everyone else is placed into a virtual meet to see if they qualify for True Team State as a wildcard.

True Team State. Our girls want to qualify. Our boys want to win. This meet proves who has the deepest team in the state!

Individual Sections. Top 3 athletes and one varsity relay. There is a prelim race on a Wednesday and a finals race on a Saturday for the 100m-800m. Field events are split between the two days for a same day finals performance to see who qualifies for state. The top 2 in each section qualify for state OR one can perform the state qualifying standard at Section Finals in order to qualify for State.

Letterwinner Guidelines – These are subject to change

An athlete that has fulfilled several of the qualifications stated below is eligible to receive a Track and Field Letter.

- Has competed at the True Team Section/State meet, or the Section/State meet
- Has been at scheduled practices and has a positive attitude
- Has performed at a 'varsity level' during the season
- Is a senior, who has participated in their second year or more, and who has fulfilled at least one requirement above

BE PATIENT – the track and field season is a marathon EVEN FOR OUR SPRINTERS. You will not become great in one day. It takes time to see results. Work SMART and you will see the fruits of your labor at the end of the season.

Coach Connor's Contact info: 320-333-3022 or haugenc@willmar.k12.mn.us