IROQUOIS
TRACK & FIELD
Track and Field
Team Info Meeting
Wednesday, March 18th, 2026

1

Introduction of Coaches
• Coach Dombrowski – B. Head Coach
• Coach Payne – Girls Head Coach
• Coach Barker – B. Assistant Coach
• Coach Moessinger – G. Assistant
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Introduction of Coaches
• Additional Coaches:
• Coach Wallace – Modified
• Coach Weiss – Throws
• Coach Wood – Distance/Hurdles
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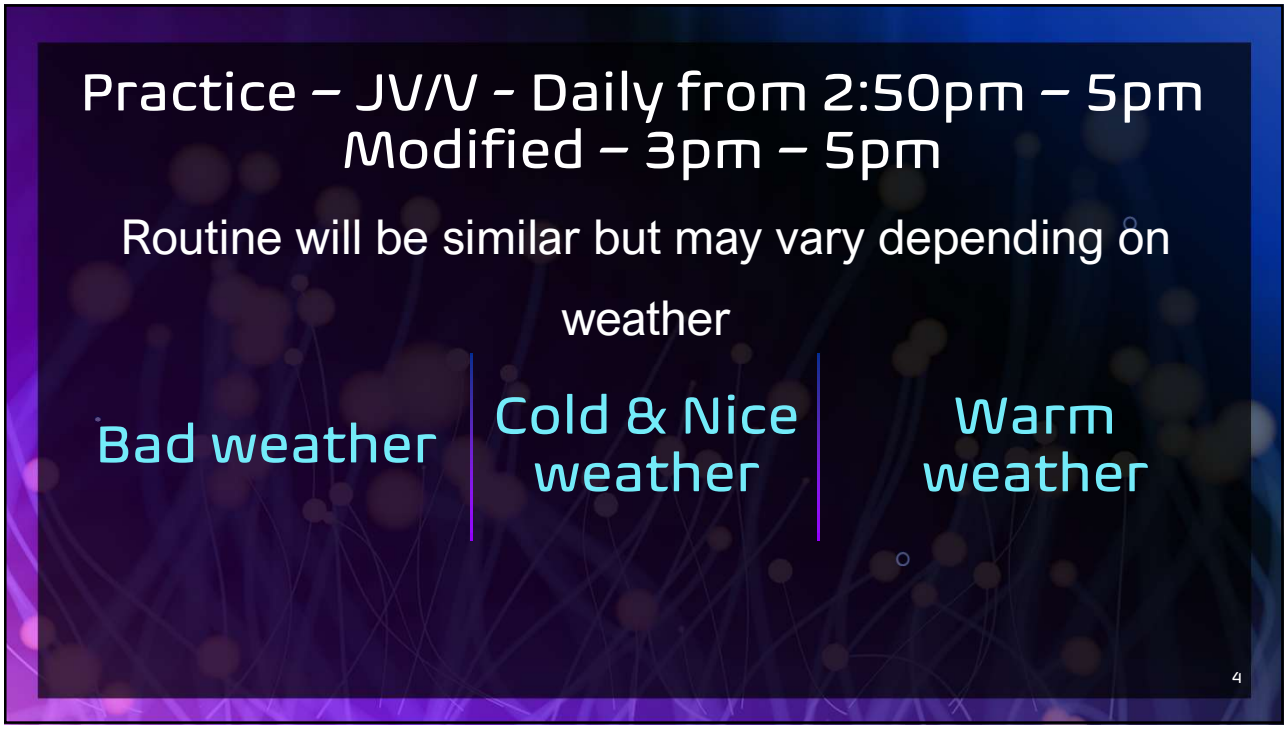
Practice – JV/V - Daily from 2:50pm – 5pm
Modified – 3pm – 5pm
Routine will be similar but may vary depending on weather
Bad weather
Cold & Nice weather
Warm weather
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# Practice – Expectations

Teams will always meet first for team meeting

Proper clothing | Proper footwear | Food & Hydration

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5

# Apparel + Gear

1. Partnership with Crossbar Athletics
    1. Varsity, JV, & Modified
    2. Store open year round
    3. Orders take about 2 weeks
    4. Varsity & JV – Track Jacket

6

6

## Apparel + Gear

- https://www.crossbarathletics.com/collections/iroquois-track-field
- Adult and Youth sizes available
- Some items may be customized
- Families/fans welcome to purchase

7

7

## Uniforms + Gear

1. Undergarments/spandex
2. Matching rules
3. Jewelry

8

8

Team Levels
1. Modified – middle school
• No team scoring
• Separate schedule
• Less rules – less intense
• Learning and fun are priority
• Competition Limitations
• Assist with Varsity meets – Sign up
9

9

Team Levels
2. JV – Junior varsity
• No team scoring
• Same schedule as varsity
• Same rules as varsity
• Athletes sign up for events (3)
• Competition Limitations
10

10

## Team Levels

3. Varsity
   - Team scoring
   - 1st heat at dual meets
   - Coaches determine
   - Max of 4 Events
   - May compete JV & V

11

11

## Meet Types – JV/Varsity

1. League meets (Duals)
   - Tues. or Wed. – 5 pm start
   - Entire Team
   - Routines – before/during/after
   - Busing and transportation
   - Scoring

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Meet Types – JV/Varsity
1. League meets (Duals)
• Behavior expectations
• Weather
• End with Team meeting
• Trainers vs spikes
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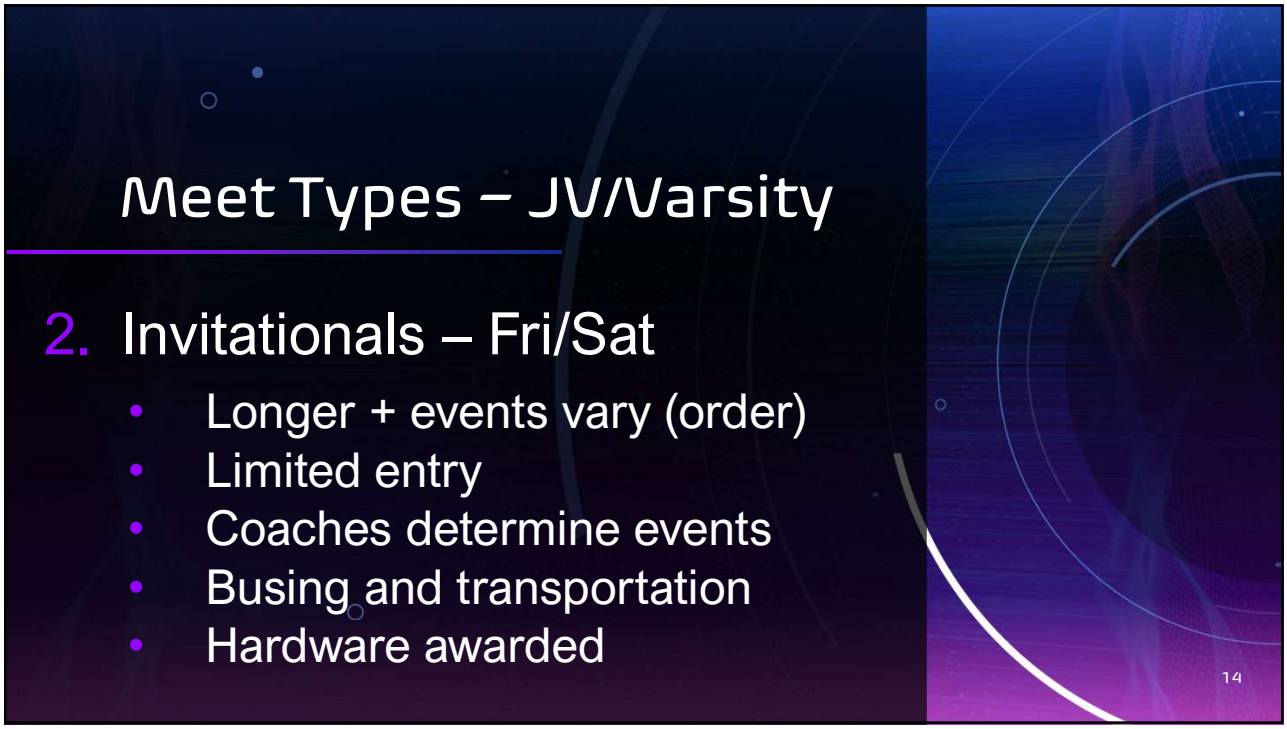
Meet Types – JV/Varsity
2. Invitationals – Fri/Sat
• Longer + events vary (order)
• Limited entry
• Coaches determine events
• Busing and transportation
• Hardware awarded
14

14

## Meet Types – Modified

1. Dual/Tri Meets
   - Wed/Thurs – 5 pm start
   - Routines – before/during/after
   - Busing and Transportation
   - End of meet sign out

15

15

## Meet Types – Modified

2. MTC – Multiteam Comp.
   - Location - Iroquois
   - Limited entry
   - Coach determines events
   - Ribbons awarded
   - Tuesday, May 19th

16

16

## Competition Spikes

1. Distance
2. Sprints

17

## Field Event Shoes

1. Throwing
2. Jumping

18

## Team & Fan Expectations

1. Positivity – Not Negativity
2. Support for Entire team
3. Cheering – 1st to Last
4. Team Comradery

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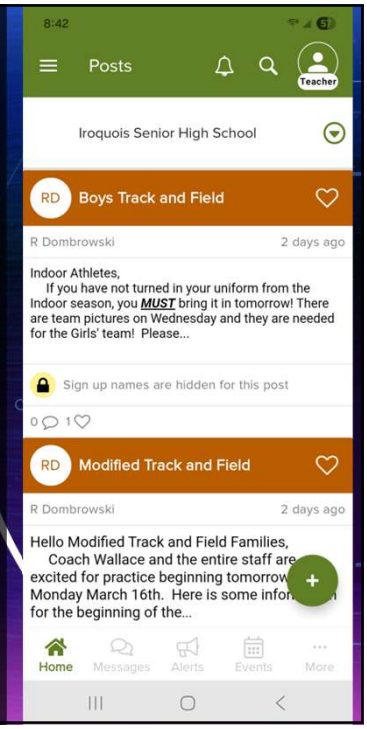
## Communication

1. ParentSquare/StudentSquare
2. Instant vs. Digest
3. Reply vs. Messages

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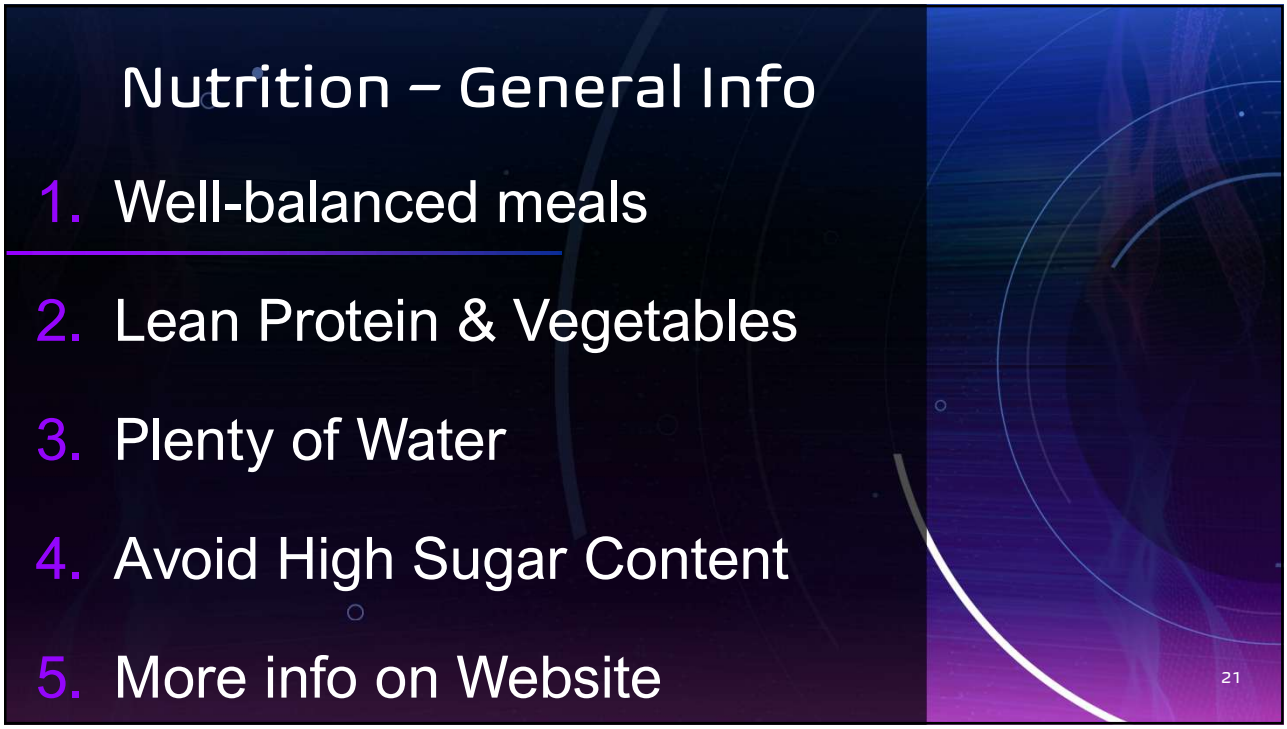
Nutrition – General Info
1. Well-balanced meals
2. Lean Protein & Vegetables
3. Plenty of Water
4. Avoid High Sugar Content
5. More info on Website
21

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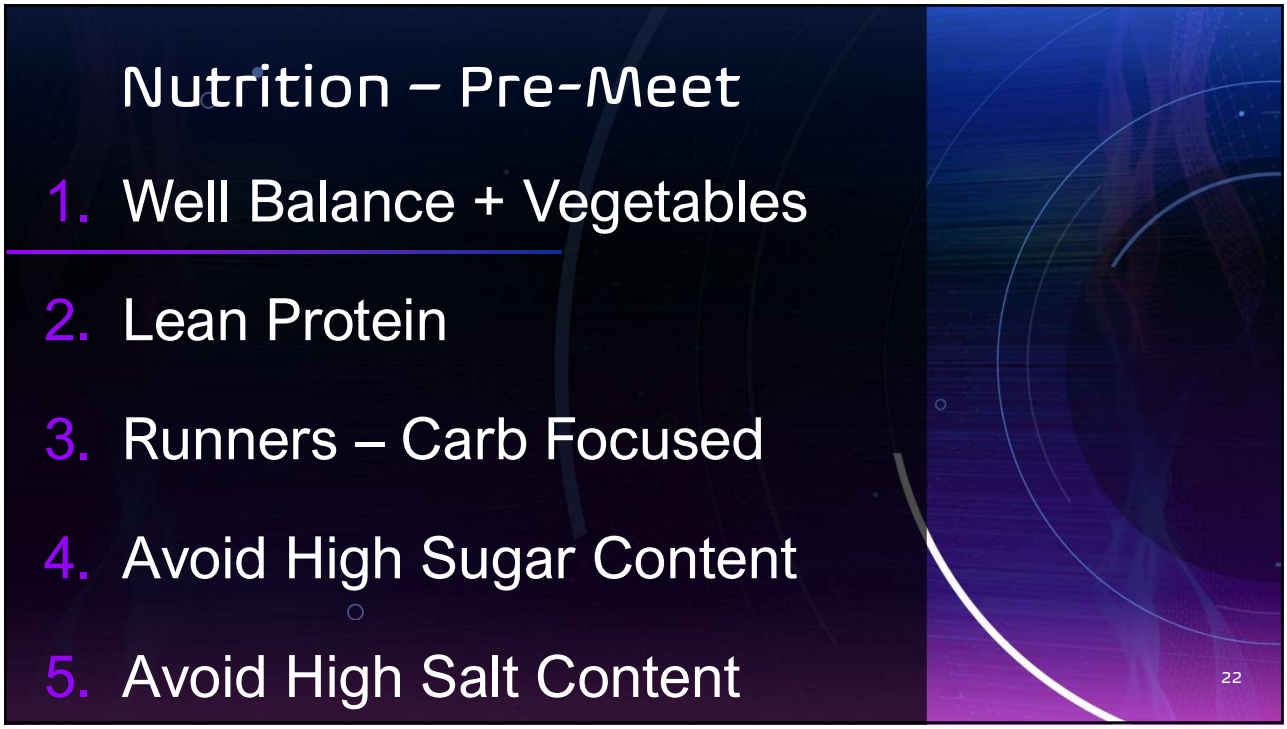
Nutrition – Pre-Meet
1. Well Balance + Vegetables
2. Lean Protein
3. Runners – Carb Focused
4. Avoid High Sugar Content
5. Avoid High Salt Content
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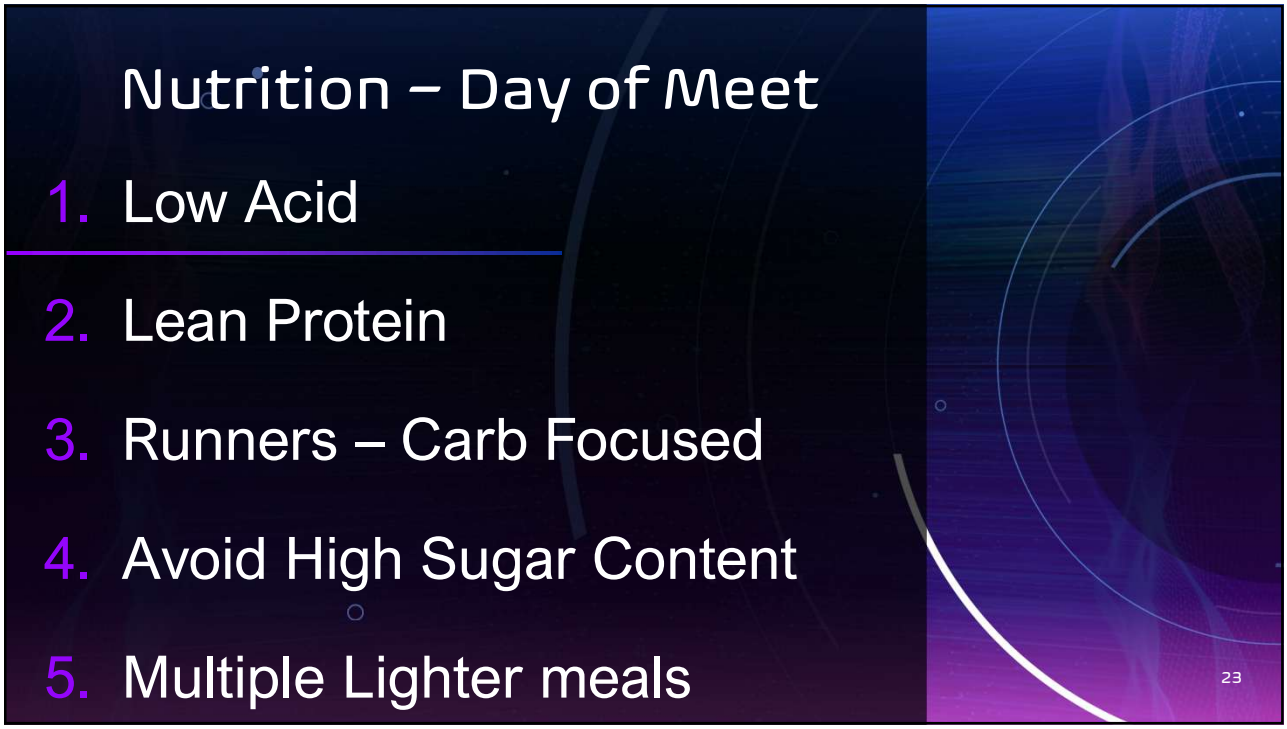
Nutrition – Day of Meet
1. Low Acid
2. Lean Protein
3. Runners – Carb Focused
4. Avoid High Sugar Content
5. Multiple Lighter meals
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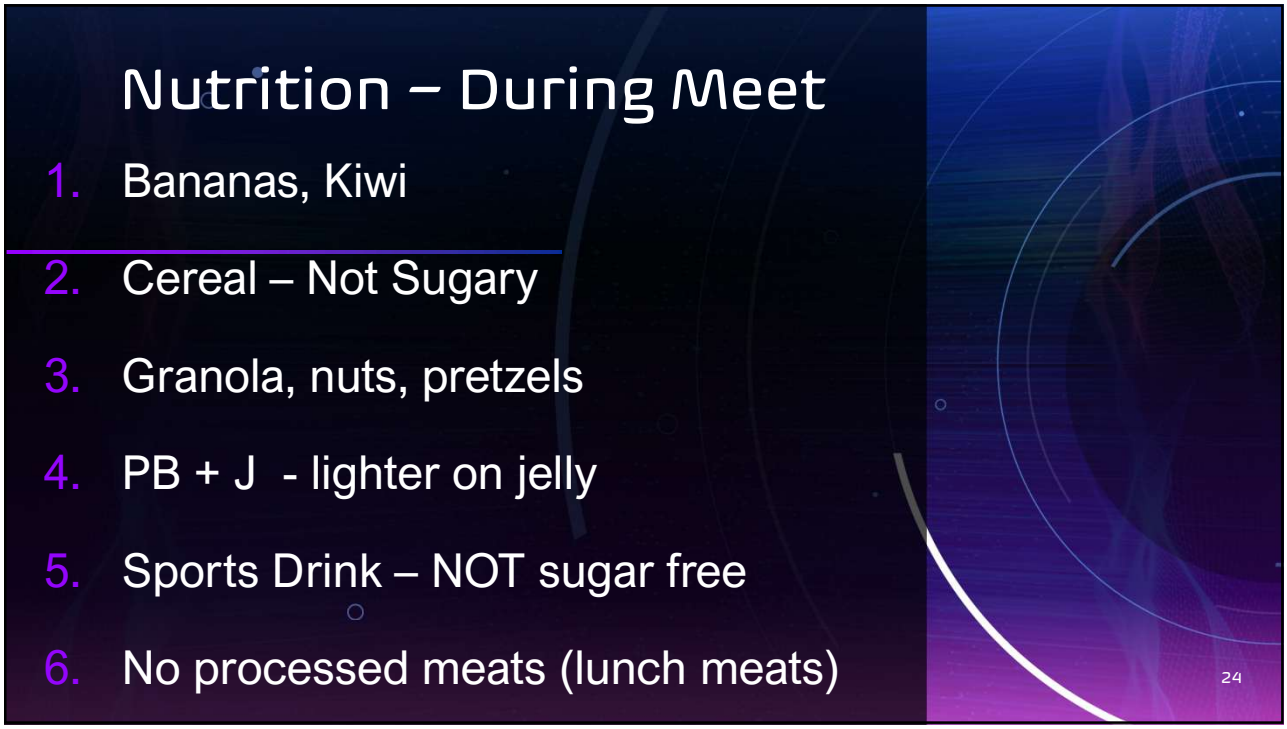
Nutrition – During Meet
1. Bananas, Kiwi
2. Cereal – Not Sugary
3. Granola, nuts, pretzels
4. PB + J - lighter on jelly
5. Sports Drink – NOT sugar free
6. No processed meats (lunch meats)
24

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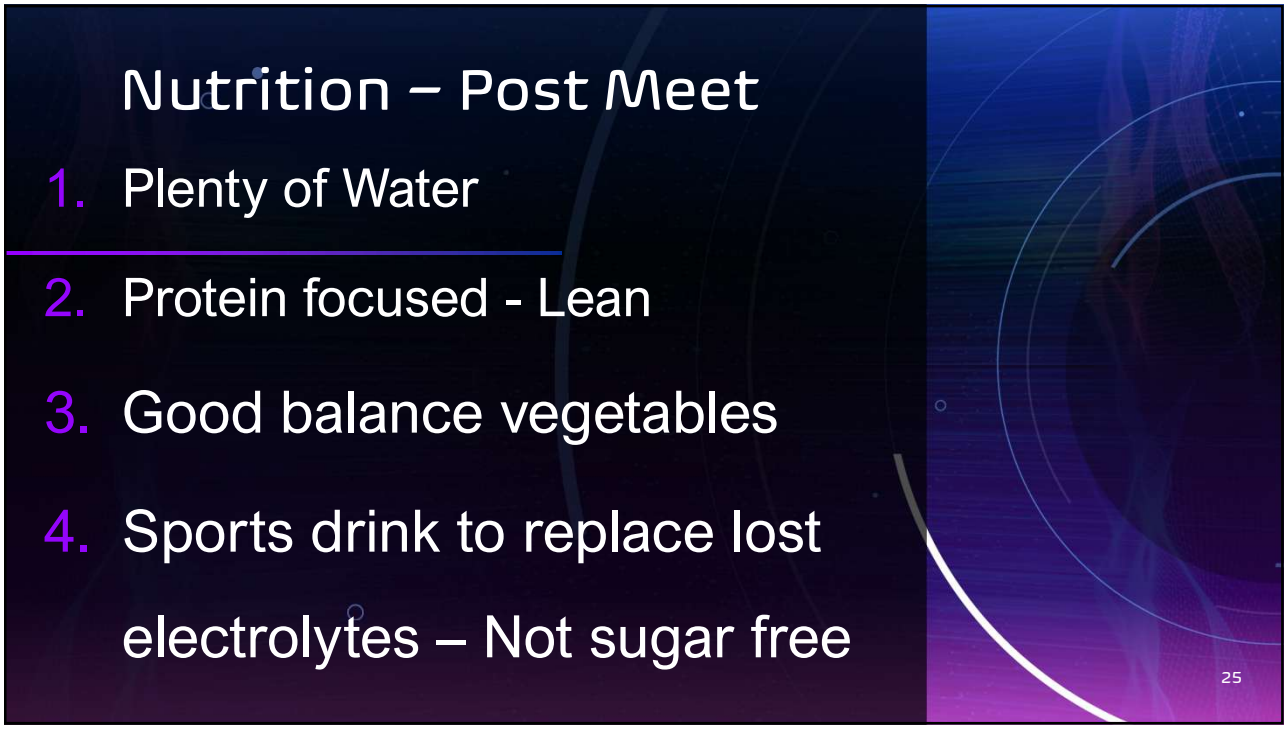
Nutrition – Post Meet
1. Plenty of Water
2. Protein focused - Lean
3. Good balance vegetables
4. Sports drink to replace lost electrolytes – Not sugar free
25

25

Track Boosters
1. History
2. Supports program
3. Concessions
4. Parent Leaders
26

26

27

## Track Boosters Contact

1. Boosters Sign up
2. Lisa Wyzykowski
3. 716-830-7206
4. LisaWyzy@gmail.com

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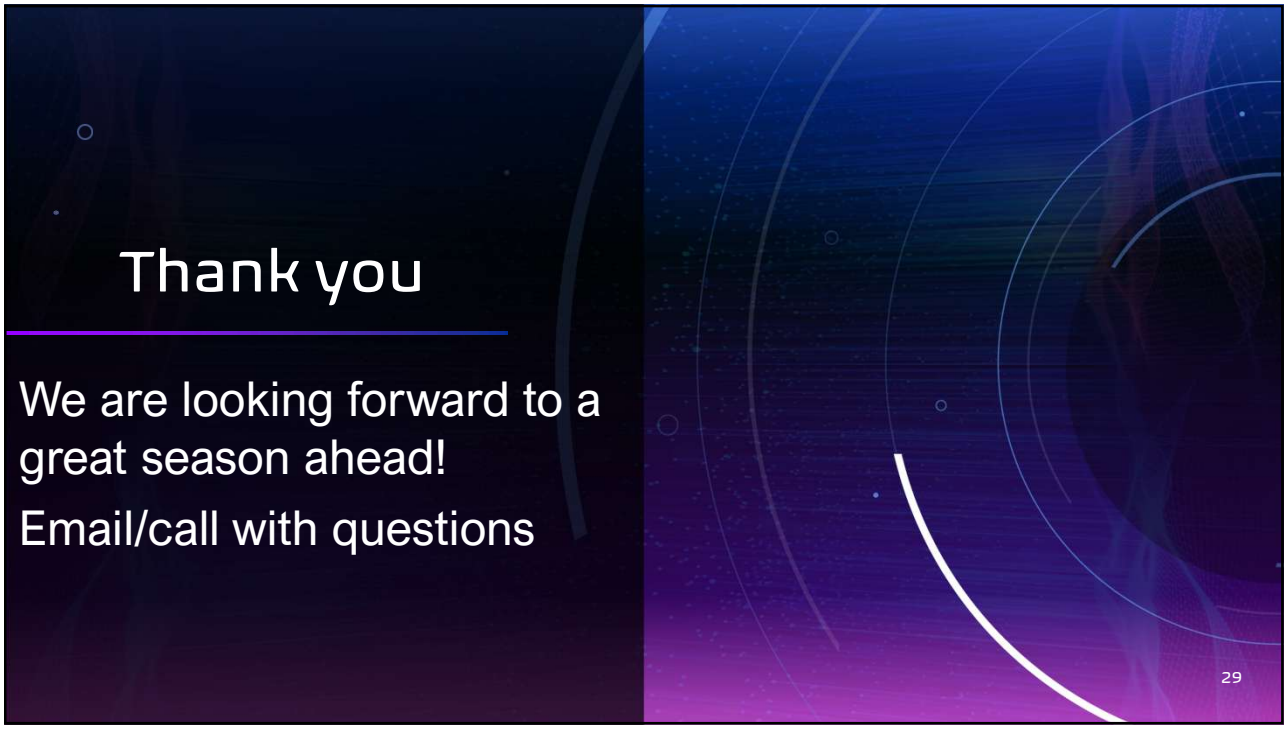
Thank you
We are looking forward to a great season ahead!
Email/call with questions
29

29