

WACONIA TRACK & FIELD 2023

Coaching Staff:

Head/Distance - Christian Gilbert Contact: cgilbert@isd110.org Cell: 612-483-6799

Sprints - Tom McDonald Contact: tmcdonald@isd110.org

Hurdles - Nick Hackman Contact: nhackman@isd110.org

Long & Triple Jump - Matt Young Contact: myoung@isd110.org

High Jump - Brian Honkomp Contact: bhonkomp@isd110.org

Pole Vault - Mark Bullis Contact: mrbullis@isd110.org

Throws - Alex Schmidt Contact: gophers2010@gmail.com

Throws Assistant - Trent Hedtke Contact: trent.Hedtke@iwco.com

Distance - Peter Hess Contact: peter.hess@thrivent.com

Assistant Coach "The GUY" - Rob Heinley Contact: he likes talking in person

Track Communication:

#1 - Team Website = www.runwaconia.com

#2 - Remind App/Text Message System

How do I join the Athlete Remind Text System?

1) Send a text to 81010

2) Text this message = @wactra23

#3 - Schoology (will be set up by next week)

#4 - Social Media = Facebook "Waconia Schools Track & Field"

#5 - Email your Event Coaches (some may give out phone numbers)

#6 - Connect with Gilbert (Head Coach)

2023 Track & Field Schedule

March

MON 13TH - FIRST DAY OF PRACTICE 3:20 HS MAIN GYM
WED 15TH - HS TRACK PARENT INFO MEETING 5:30PM (HS COMMONS)
FRI - 24TH - ST. JOHN'S INDOOR JV/VARSITY

April

TUES 4TH - ALL SENIORS & JUNIORS UNIFORM DISTRIBUTION
WED 5TH - ALL UNDERCLASSMEN UNIFORM DISTRIBUTION
THUR 6TH - TRACK PICTURE DAY 3:30PM HS TRACK FACILITY
SAT 8TH - ORONO INDOOR JV/VARSITY (OPTIONAL FOR ALL ATHLETES...EASTER WEEKEND)
TUES 11TH - BLOOMINGTON JEFFERSON MEET JV/VARSITY
MON 17TH - HOME MEET JV/VARSITY
THUR 20TH - SHAKOPEE RELAYS VARSITY
MON 24TH - NEW PRAGUE JV MEET
TUES 25TH - MINNETONKA RELAYS VARSITY
FRI 28TH - HAMLIN ELITE MEET - ST. PAUL

May

THUR 4TH - ORONO INVITE VARSITY
MON 8TH - CHANHASSEN JV MEET
WED 10TH - EDEN PRAIRIE - TRUE TEAM VARSITY
MON 15TH - NEW PRAGUE - JV RELAY MEET
WED 17TH - CHASKA - VARSITY CONFERENCE CHAMPIONSHIP
MON 22ND - ORONO* JV CONFERENCE CHAMPIONSHIP (LAST JV MEET)
TUES 23RD - TRACK BANQUET HS PAC 7PM
WED 24TH - NEW PRAGUE - VARSITY LAST CHANCE MEET
WED 31ST - 2AAA SECTIONS CHAMPIONSHIP (SITE TBD)

June

FRI 2ND - 2AAA SECTIONS CHAMP (SITE TBD)
THUR 8TH - TRACK STATE CHAMP @ STMA HIGH SCHOOL
FRI 9TH - TRACK STATE CHAMP @ STMA HIGH SCHOOL
SAT 10TH - TRACK STATE CHAMP @ STMA HIGH SCHOOL

www.runwaconia.com

THIS WEEK IN WAGONIA TRACK & FIELD - Week #1

<p>Mon 13 - First Day of Track 3:30 - Full Team Meeting (Main Gym) 2023 Track Apparel Info Handed out 3:30 - Intro to Track/Welcome w/ Gilbert 4 to 4:45pm Group Workout Choice Choices... #1 - Sprints in Main Gym #2 - Distance Outside #3 - Throwers in Main Gym <i>Note: student attendance to the "intros" to all events throughout first 2 weeks is strongly encouraged...ALL athletes are excused from Group Workout at 4pm</i></p>	<p>Tues 14 3:20 - Group Warm-up (Main Gym) 3:35 - Quick Full Team Meeting 3:40 to 4:40pm Group Workout Choice #1 - Sprints in Main Gym #2 - Distance Outside (weather!?) 4pm - Throwers Introduction (Shot/Disc) 4:30pm - Throws Lift/HS Weight Room ALL Warm-ups for first 2 weeks will be in main gym FULL TEAM led by upperclassmen...once outside we will have Sprint, Distance & Throws warm-up groups.</p>	<p>Wed 15 7:30am Sprint/Jumps Lift HS WR 3:20 - Group Warm-Up (Main Gym) 3:35 - Quick Full Team Meeting 3:40 - Sprinter Vs Distance Intro ALL NON "Throwing Specific" Athletes must attend and will include a choice of Distance or Sprint Workout post Intro 4 to 5pm Distance or Sprint Workout 3:40 to 5pm - Throws Practice</p>
<p>Thur 16 3:20 - Group Warm-Up (Main Gym) 3:35 - Quick Full Team Meeting 3:40 to 5pm Group Workout Choice Choices... #1 - Sprints in Main Gym #2 - Distance Outside (Weather!?) #3 - Throwers in Main Gym 4pm - ALL Jumps Intro Vertical = Pole Vault & High Jump Horizontal = Long & Triple Jump <i>Note: this will be more of coaches explaining events and what are basic expectations of a "Jumper" ...more jump action coming next week!</i> 4:30pm - Throws Lift/HS WR</p>	<p>Fri 18 6:55am Sprint/Jumps Lift HS WR 7:30am Distance List HS WR Online Track Apparel Orders Due by Midnight 3:20 - Group Warm-Up (Main Gym) 3:35 - Quick Full Team Meeting 3:40 to 5pm Group Workout Choice Choices... #1 - Sprints in Main Gym #2 - Distance Outside (Weather!?) #3 - Throwers in Main Gym 4pm - ALL Relays Intro (Dist & Sprint) FYI - Relays Include 4X100, 4X200, 4X400 & 4X800 4:30pm - Throws Lift/HS WR</p>	<p>Sat 19 No Practice - Recovery Runs/Activities on your own! Looking ahead to next week... Hurdle Intro All Jump Intros Continued Pole Vault High Jump Long Jump Triple Jump</p>

Phrase of the Season = BUILD RELATIONSHIPS

#1 - YOU...how is your relationship with yourself? Challenge YOURSELF to be a better person, a better athlete, a better team member than you were the day before!

#2 - Parents/Guardians...are you thankful for their efforts so you can be here "living your best life"? Are you communicating important info about track? THEY WANT TO KNOW...so tell em! (Please)

#3 - Teammates...get to know AS MANY people on this team as possible...we are ALL in this together and having good relationships between each other is THE KEY to a successful season. Be a friend...be a cheerleader...be a supporter...be someone's BIGGEST FAN & let them know!

#3 - Teachers...being a student is #1 and YOUR JOB...are you doing enough academically to be able to represent your school and "PLAY"?

#4 - Coaches...communication is KEY and goes BOTH WAYS...meaning it is your job to reach out to your coaches to be coached! YOU are just as important to improving your track skills as they are...coaches WILL ALWAYS work with the kids WHO WANT TO WORK. Reach out, get to know them & simply try!!! FYI - we have one of the MOST COMPLETE coaching staffs in the state...you are working with EXPERTS IN THE FIELDS & and they are all pretty dang nice!

#5 - Get to know your Head Coach...a bad grade, a birthday, a family emergency, going on vacation, doctors appointment, going to be late to practice, injured...whatever it may be YOUR HEAD COACH needs and wants to know...why? Ultimately we (the entire coaching staff) is responsible for your well being, but the Head Coach needs to be "in the know" in order to be supportive of your needs as a human. (Gilbert is not scary)

Team Apparel - Due Friday, March 17th Midnight



<https://waconiatrack.spiritsale.com/>

High School Track & Field Events

RUNNING EVENTS...

4x800-Meter Relay
100-Meter High Hurdles (Gals)
110-Meter High Hurdles (Guys)
100-Meter Dash
4x200-Meter Dash
1600-Meter Run
4x100-Meter Relay
400-Meter Dash
300-Meter Hurdles
800-Meter Run
200-Meter Dash
3200-Meter Run
4x400 Meter Relay

FIELD EVENTS...

Triple Jump
Long Jump
High Jump
Pole Vault
Discus
Shot Put

Attendance Notes

- 1 - Practice is Daily 3:20 to 5:15 (OTO 3:20)
- 2 - ALL athletes are expected to attend all scheduled practices/meets
- 3 - Athletes MUST be at Practice Day before a meet to be eligible (No EXCEPTIONS)
- 4 - ALL Absences MUST be approved prior to departure by Head Coach
- 5 - Academics BEFORE Athletics...see coaches for a plan if this is an issue!
- 6 - Track TAKES PRIORITY over attending other School & Non School Sponsored Activities
- 7 - WORK is NOT an excuse to miss practice...please clear work schedule for participation in T&F
- 8 - Head Coach takes daily Attendance during Warm-ups
- 9 - 3 Unexcused Absences will result in dismissal from team
- 10 - Dress for the Weather...prepare to be cold, hot & wet on any given day throughout the season

“OTO” - ON THE OVAL

“OTO” = ALL HS Track & Field athletes need to be ON THE TRACK OVAL by 3:20 daily to start our team warm-up routine. This is a VERY BASIC expectation, so please plan accordingly to be WITH YOUR TEAM...ON THE TRACK...ready to ROCK & ROLL for practice at this time. *Note: this is an everyday expectation for ALL T&F Athletes*

OTO Basics...

#1 - on track Oval at 3:20

#2 - ALL athletes moving around track...this can be walking, jogging or a light run with Friends...not a race and no distance requirements

#3 - Walk/Jog is 3:20 to 3:30 (seriously just use this time to get body moving & maybe a little time to chat with friends)

#4 - Basic Dynamic Warm-up/Stretching Drills led by Senior Leaders on middle of Turf from 3:30 to 3:40 (all athletes line up on Home Bleacher sideline)

#5 - there is NO NEED to be with your “event buddies” during this time

#6 - you may be directed by Event Coaches post Team Warm-up for additional drills to prep for day

#7 - 3:40 Center Field (on the wildcat) Quick Check in with Head Coach for any quick announcements

#8 - 3:41 is start of Break-Out Practice Sessions dictated by Master T & F Schedule

Note: There will be exceptions to missing Team OTO throughout the season. WHY? Your event coaches may need your group at a specific location at times for a special workout or activity. Ex/ indoor Pole Vault at Middle School indoor, Helping move equipment, Lifting Session w/ Coach Anderson, Helping with Middle School Team, etc...your event coaches will make these expectations clear.

