

2024
Tomah Middle School
Track & Field
Handbook



**Set your goals high and do not
stop until you get there**

Coaching Staff

Boys Head Coach

Brad Lindberg

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Girls Head Coach

Kate Schanhofer

(608) 343-9352

Assistant Coaches: Nathan Johnson & Nickole Boettcher

Standard of Excellence

A standard of excellence has been established in the Track and Field program and the coaching staff is dedicated to help every athlete compete to their full potential. We strive for excellence by following the principles outlined below:

1. **TEAM comes first.** We recognize Track and Field is a highly individualized sport, but the ultimate goal of every meet is to win at the team level. As a result, athletes may be asked to sacrifice individual honors to help the team achieve success.
2. **Every athlete finds some level of success throughout the season.** Coaches will help each athlete determine what their individual level of success will be and help them strive to meet that goal. It will be different for every athlete.
3. **3 Core principals: Honesty, Respect & Perseverance.** We will strive to meet these 3 core principals everyday
4. **You are a representation of yourself, your team and your community.** As a part of any athletic program, you are representing not just yourself, but a community of people. Remember this every time you are on the track, traveling or watching your teammates perform.

Have fun! We as coaches are looking forward to a very fun and competitive 2024 Track and Field season with lots of memories and achievements.

- 2024 Coaches

ABSENCE POLICY

If you are absent and unexcused from school and/or practice the day before a meet, you may not be able to participate in that meet.

Unexcused Absence	Penalty
1	Miss one contest
2	Miss two contests
3	May be asked to leave the team

What is an unexcused absence?

1. Being absent without validation from school.
2. Missing a practice for an avoidable excuse.
3. Missing practice without telling the coach. Your coach needs to be notified **PRIOR TO PRACTICE**. You can get ahold of your coaches by texting, emailing, or calling via the contact information listed above.

If you **MUST** miss a scheduled practice because of an appointment, please let your coach know about it ahead of time. Occasionally there may be conflicts that cannot be avoided. Ask your coach what the workout is for that day and try to work-out on your own. Do not expect to receive an excused absence, unless your coach knows about it and approves it ahead of time.

- Absence from practice requires a note/text from a parent if also absent from school.
- Absence for academic reasons requires an email from the teacher with the time released. Or a note/text from a parent or guardian.
- Failure to provide the note will result in absence being listed as unexcused. Passes and parental notes are required the day of the tardy or the day after an absence.

Family emergencies are an excused absence.

Practice Expectations

1. Attend practice everyday

- a. During the school week, practices are scheduled from 3:30 to 5:00 pm Monday through Friday. **Changes will be communicated through Remind App.**
- b. Be dressed and ready to begin your workout at 3:30. Be on time.
- c. We will meet in the Middle School gym prior to practice everyday for attendance. This is where important information about practices, meets etc. will be discussed, so be on time!
- d. Cell phones stay in backpacks during practice.

2. Dress appropriately for practice – this means dressing in layers!

- a. Sweat pants or long tights, a long sleeved top, hat, gloves and other layers are needed.
- b. Use **running shoes** that are **suitable** for your kind of running and your event. **They should offer the support** and cushion you need. Also, **your shoes should TIE with adjustable laces.** Please **wear running shoes that support your arches.**

3. Perform proper warm-ups – Complete the warm-up and stretching routine correctly and every day to help you perform better and to prevent injury. You also should stretch after practice and on the weekends, especially after tough workouts.

4. If you become injured, or begin to develop pain in your muscles or joints during a workout **inform your coach right away.** One of the biggest shortcomings of many hard-working athletes is that they refuse to tell anyone about an injury until it is too late. Communication with your coaches is key!

5. Perform your workouts as directed by your coach and always do your best in practice.

- a. To become a better, more successful athlete, you must do the following:
 - i. Work hard and work smart in practice
 - ii. Trust your coach to train you properly

6. Do your best in school.

- a. Keep your grades up. Remember, you are a STUDENT-athlete. School work and grades come first.

7. Live a healthy lifestyle that will allow you to perform to the best of your ability at meets and practice.

- a. Eating a healthy balanced diet
- b. Stay hydrated with water throughout the day
- c. Get at least 8 hours of sleep each night
- d. Take care of your body & your body will take care of you.

8. Follow the Activities Code (Code-of-Conduct).

Basic Daily Practice Schedule

3:30 PM

Meet in the middle school gym

Athletes are dressed and ready for practice at this time

- We will all walk down to the track together, bring all your personal items with you at this time so your parents can pick you up from the track at 5:00.

3:45 – 4:15

Warm ups / Team Meeting

We will meet in the middle school gym and walk to the high school together to start our stretches and warm ups before going to our individual events

4:15 – 4:45

Break out into individual events and groups | Event Specific Workouts

Dynamic warmups, stretching and running

4:45 – 5:00

Cool Down

Post workout stretching, core work, individual instruction and meet prep as needed

Practice participation expectations:

- Members of the team are expected to participate in all phases of the daily practice in order to maximize potential for success.
- Arrive to practice on time and dressed ready to start practice
- Obey all training rules provided by coaches and respect their directions
- Respect teammates and other athletes using the track during practice, we share this space and need to be cognizant of other athletes and their space
- Do ALL workouts to the BEST of your ability
- Notify your coach of ANY injury RIGHT AWAY
- Maintain cleanliness by washing your workout clothes a couple times a week
- Maintain a positive, coachable attitude for ultimate success

MEET EXPECTATIONS

NON-NEGOTIABLES:

- **All athletes are to stay until the end of the meet.**
- **Encourage your teammates in practice, as well as at meets.**
- **Get up and cheer on your teammates rather than sitting around team camp.**
- **Cell phone use is limited during meets.**
- **Riding the bus to and from meets is encouraged.**

1. Be physically prepared for your event. Get a good night sleep for at least two nights before your race. Eat properly throughout the season.
2. Be mentally prepared for your event. Starting the night before, go over mental repetitions and visualize yourself being successful. Mental reps can have just as much benefit as physical reps. On meet day, know the event you'll be competing in, when it begins, and who you'll be competing with.
3. Be "equipment ready." General rule—it's better to have it and not need it, than to need it and not have it. There's a list on the next page that can be used as a checklist.
4. Please respect your fellow teammates and your coaches and use headphones on the bus to away meets. Some people prefer to hear music before a meet, others do not.
5. Take all your gear off the bus once we've reached our destination and stash it at team camp. Once we are off the bus, no one should need to return to the bus until the meet is over. At the meet, sit as a team, and attend the awards ceremony as a team.
6. Please remember to be on your best behavior. You not only represent yourself, but also your school, your coaches, your teammates, your family, and your community.
7. Always accept your performance and the performances of all your teammates. We are one group, one team. We all support each other.
8. Remind teachers when you will miss their class and account for all make up all missed work.

BE “EQUIPMENT READY”

Have all equipment for the meet ready ahead of time. We strongly recommend that you pack your duffle bag with what you need the night before the meet to avoid rushing around and forgetting something the day of the meet.

Included in those things to pack are:

- UNIFORM TOP AND SHORTS
- RACING SHOES (spikes are not necessary)
- SWEATSHIRT, SWEATPANTS, LAYERS, WARM CLOTHING
- EXTRA SHOES
- EXTRA SOCKS
- LONG-SLEEVE TOP, RUNNING TIGHTS (BLACK if wearing under uniform)
- STOCKING CAP
- GLOVES OR MITTENS
- HEALTHY FOOD/SNACKS
- RAIN JACKET, LARGE GARBAGE BAG (if necessary)
- SCHOOLWORK (TO WORK ON DURING BUS TRIP, AT MEET)
- SPECIAL ITEMS (ATHLETIC BRACES, MEDICATIONS, INHALERS, ETC.)
- MONEY FOR FOOD

OVERPACK! Better to have it and not need it, than to need it and not have it.

2024 Track & Field Schedule

Day	Date	Time	Location	Teams
Thursday	March 21	3:30	Tomah Middle School	First Day of Practice
Thursday	April 11	4:45	Winona Paul Giel Field	<ul style="list-style-type: none"> ● Winona Middle School ● Holmen Middle School
Tuesday	April 16	4:30	Tomah High School	<ul style="list-style-type: none"> ● Holmen Middle School ● Onalaska Middle school
Thursday	April 25	4:30	Onalaska High School	<ul style="list-style-type: none"> ● Logan Middle School ● Aquinas Middle School ● Onalaska Middle School
Tuesday	April 30	4:00	Sparta High School	<ul style="list-style-type: none"> ● Sparta Middle ● Onalaska Middle School ● Westby Middle School
Monday	May 6	4:30	Tomah High School	<ul style="list-style-type: none"> ● Holmen Middle ● West Salem Middle ● Onalaska Middle
Monday	May 13	4:30	West Salem High School	<ul style="list-style-type: none"> ● Longfellow Middle School ● West Salem Middle School
Friday	May 17	4:30	Onalaska High School	<ul style="list-style-type: none"> ● Logan Middle School ● Aquinas Middle School ● Holmen Middle School ● Lincoln Middle School ● Longfellow Middle School ● Onalaska Middle School ● Sparta Middle School ● West Salem Middle School ● Westby Middle School ● Winona Middle School

Order of Events

(Girls events go first, boys second)

Running Events	Field Events
	High Jump – start at 3’6” for Girls and 4’0” for Boys
100 meter low hurdles	Long Jump – 3 jumps
100 meter dash	Triple Jump – 3 jumps
1600 meter run	Shot Put – 3 puts with a 4 kg shot
4 x 200 relay	Discus – 3 throws with a 1 kg discus
400 meter dash	Students are responsible for bringing the following to every meet:
4 x 100 relay	<ul style="list-style-type: none">● Uniform● Warm up clothes (regardless of weather)● Running shoes● Desired food/drinks/snacks & water
200 hurdles	
800 meter run	
200 meter dash	
4 x 400 relay	

Remind App

Remind is a free, safe messaging app that keeps families up to date with what's happening at school & events. Teachers or coaches can send messages to an entire group of people via the platform. Standard message and data rates may apply based on your phone plan.

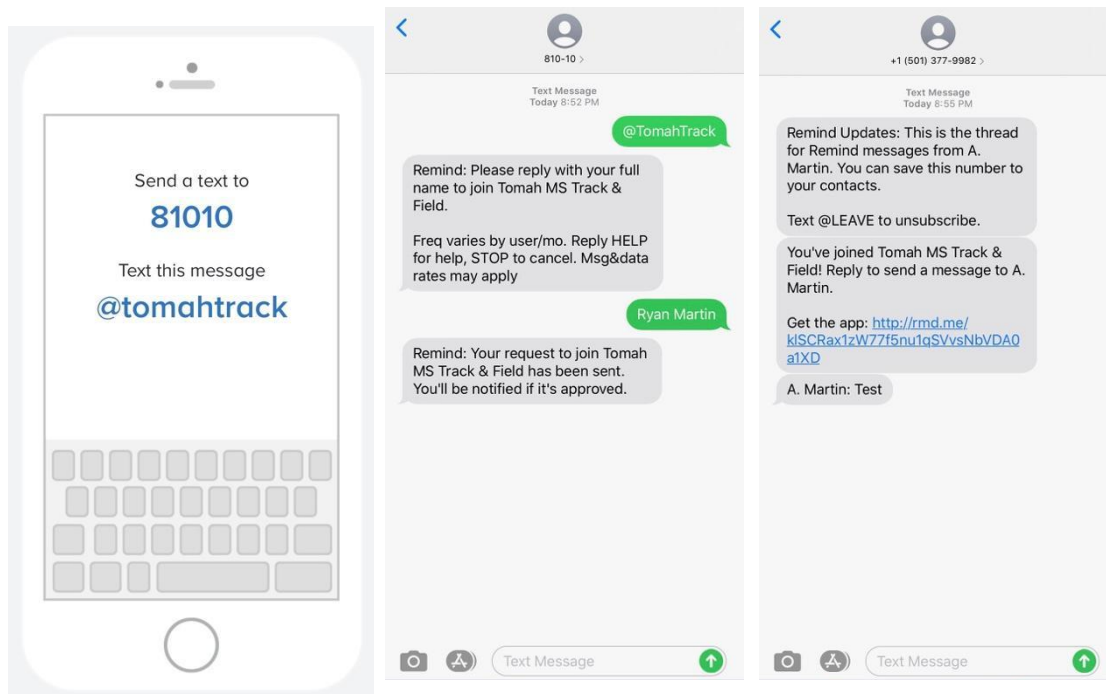
We will be using Remind to notify parents & students of practice cancellations, bus arrival times after meets, and other important notifications you may need to know during the season.

There are two ways to use the Remind system.

If you would like to receive text messages from us without downloading the app on your phone, you can text **81010** using the information below. You will be asked to share your first and last name, then you will be entered into our 'class room' so we can communicate with you.

The second way is to download the app and communicate via the application. This gives you access to files we upload which will include the meet schedule as well as the order of events and other files.

Either way you choose to use this platform is fine with us. Here are a couple examples:



***The other helpful app to have is Activity Scheduler. The icon is a blue (baseball) cap.**

Athlete Name: _____

Parent/Guardian and Athlete,

By signing this form, you are indicating you have read the 2023 Tomah Middle School Track and Field Handbook and that you understand the expectations and guidelines of our team. If at any time you have questions or concerns you will contact one of the coaches listed on page 2 of the handbook and work to resolve the issue together.

Thank you,

Tomah Middle School Track and Field Coaches

Coach Schanhofer

Coach Lindberg

Coach Johnson

Coach Boettcher

I have read the 2024 Tomah Middle School Track and Field handbook. We understand the rules, expectations, and guidelines for the team and an individual athlete. We also understand that failing to follow the rules may result in disciplinary action.

Parent/Guardian Signature

Date

Athlete Signature

Athlete Interest Sheet

Athlete's Name; _____ Athlete's Grade: _____

Check all that apply (you can check more than 4!)

Running Events:

Sprints

100 meter _____

200 meter _____

Hurdles _____

Mid-distance

400 meter _____

800 meter _____

Long-distance

1600 meters _____

Relays:

4 X 200 _____ 4 X 100 _____ 4 X 400 _____

*Relays teams will be decided by coaches

The maximum number of events an athlete can compete in at a meet is 4. However, an athlete cannot do more than 3 running events or more than 3 field events.

We will encourage athletes to try a variety of what Track and Field has to offer. You don't always know what you are good at until you try!

Field Events:

Long Jump _____

Triple Jump _____

High Jump _____

Shot Put _____

Discus _____

