

TEAM HANDBOOK
INFORMATION FOR
THE SEASON



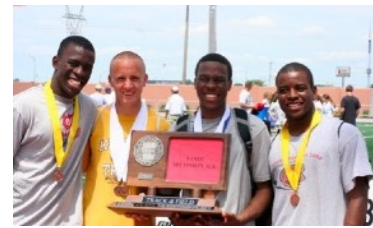
2019 SEASON
THE 2019 TRACK
CALENDAR



THE TEAM STORE
ALL OF THE APPAREL
FOR THE TEAM

WELCOME TO THE 2019 IRONDALE TRACK TEAM

The coaches want you to be an integral part of a fun, very successful and satisfying sport. Please read this "information packet" and then pass it on to your parents/guardians so they have the team information. The packet includes information for you to know, and meet schedules.



What do I do first?

1. Complete the online registration form through your Parent SchoolView account.
 2. A physical exam form must be on file in the Activities Office. The form must be signed by the doctor and include the date of the exam. Physicals are valid for three years from the date of the exam. We maintain a record of current physical exams for athletes who have participated in sports at Irondale. Forms are available online or in the Activities Office if you do not have a valid physical on file.
 3. The registration fee for your sport must be paid when you complete the online registration form. If you qualify for the free or reduced lunch program, the athletic fee is waived and should display a zero balance due at the time of check-out. If you qualify, but it shows a balance due, please contact Sue Weber at 651-621-6822 for a fee adjustment prior to checkout. It is necessary to reapply for this benefit each school year. If eligibility is denied, the athlete or parent/guardian must make payment.
 4. Any student who transfers to Irondale after the start of 9th grade must meet with Mr. Fink, Director of Student Activities, before they are eligible to compete. Mr. Fink can be reached at 651-621-6821. This does not apply to students entering 9th grade provided they start on the 1st day of school.
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When do we practice?

We practice every weekday after school. Some groups will have special Saturday morning practices, and some coaches will ask you to do some workouts on weekends on your own. There may also be special times for practice on certain days when we cannot meet as a team following the school day. A warm up will be lead by the captains at 3:30 and we will meet each day as a team, then you will practice with your individual coach.

We will be outside everyday we can, so dress for the weather.

How do we train? (Team goals and Your Goals)

Our goal is to train the athletes to perform at their peak performance during the Section and Conference meets. We will do goal setting with the athletes to help them reach team and personal goals. We want you to be successful, so we will work with you to find the event that gives you a chance to have success.

What do I need?

For practice, you will need running clothes, shoes, hat, mittens, and sweatshirts. When the meets start, you will be furnished with a uniform and a warm-up suit. All of these and extra gear should be kept in your track locker (that you will be assigned). Always be prepared for outdoor workouts. We seldom practice inside. Minnesota weather is very unpredictable, and a warm, sunny day of 45 degrees can feel pretty darn cold if the wind is blowing 30 MPH. The point is, **BE PREPARED!** When we go to meets, some may last 3, 4, or even 5 hours! Weather can change as the sun goes down so always bring enough clothes to keep you warm and dry. Don't forget, it often rains during track meets. Everybody's shoe/spikes requirements are different; make sure you buy shoes that take care of your feet, not just something that makes a fashion statement. We have special deals at Run-N-Fun and Right Fit Running.



When is the first outdoor meet?

**Tuesday, April 10
Centennial Tri-Meet
@ Centennial**



What do I do at the meets?

-How do I know what event(s) to be in?

If you are a beginner, the coaches will work with you to find the events that best fit you. Upper classmen usually know what events they want to be in or events they want to try. Coaches may ask you to try new events and that is only to help us all determine where individuals can best perform and best help out the team.

Just a reminder, you are expected to remain at all the meets until the meet is over. You may go home with your parents in a rare event (please have a signed note from your parents). Track is unique in that individuals can set goals to meet, but our goal should also include supporting our teammates and trying to give the best overall team performance that we can for each meet!

If you have a friend with nothing to do or who is interested, convince them to come out for track. Track gets them in shape, creates self-confidence, widens your circle of friends, but, more importantly, improves your self-esteem. There have been many Irondale students who have joined track with little experience or expectations and ended up having a very positive experience.

Just remember: * THERE IS NO BENCH IN TRACK

What if I get hurt?

We are fortunate to have a certified trainer that works at Irondale. Coaches cannot know you are hurting unless you let them know! Make sure the coaching staff is made aware of any injuries. Jess Miller, MS, ATR is the certified athletic trainer (ATC) currently at Irondale High School, and is in her 3rd year at the school. Her hours are 3:00 - 5:30 on all school days.

Will we have a fundraiser this year?

The answer is yes. The fundraiser will require about 1 to 2 hours of work per individual. We are doing a sponsorship mailing. Monies raised from the fundraiser go back into the program.

- **Each athlete is expected to participate in the fundraising event.**



How can my family help?

Your family can help out by making sure you eat and sleep properly, by making sure that you don't let a job or other activities interfere with track, by helping out with fundraisers, by coming to the meets, by helping out at home meets, and by joining the booster club. This year we are hosting three home varsity track meets, so we will need help measuring and timing and in concessions. There will be a family meeting for all boys and girls track team members in early March and all athletes must attend with at least one parent! Stay tuned to hear dates for this meeting.

2019 Irondale Home Meets

April 12 - Knights Under the Lights

April 23 - Knuttila Meet

May 14 - Greenslit Relays

If you have more questions, please contact Tom Rodefeld in Room 22, E-mail thomas.rodefeld@moundsvIEWSchools.org or call (651) 621-6919

2019 Irondale Track Team Captains

Kaley Waldemar

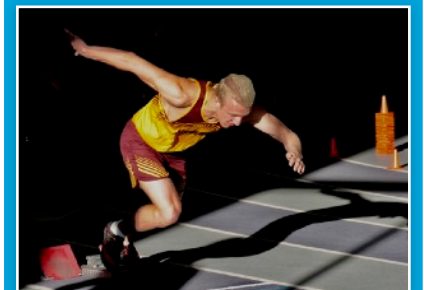
Jeffrey Sandkuhler

Claire Alexander

Daniel Larson

Lauren Letnes

Carlos Momsen



Irondale Boys' Track Lettering Criteria

Before you will be considered for a track letter:

You must be a good school citizen

You must be an asset to your team

You must attend practice

You need to meet two of the criteria listed below:

- A) Score at least 20 varsity points,**
- B) Be in the Conference line-up,**
- C) Be in the Section line-up,**
- D) Meet one of the following listed standards**

100 Meter Dash – 11.8

200 Meter Dash – 24.0

400 Meter Dash – 54.0

800 Meter Run – 2:10

1,600 Meter Run – 5:00

3,200 Meter Run – 11:00

110 Meter Hurdles – 17.0

300 Meter Hurdles – 45.0

Shot Put – 40'0

Discus – 115'0

Long Jump – 18'0

Triple Jump – 38'0

High Jump - 5'6

Pole Vault – 10'6

OR

E) Coach's consideration

Irondale Girls' Track Lettering Criteria

Before you will be considered for a track letter:

You must be a good school citizen

You must be an asset to your team

You must attend practice

You need to meet two of the criteria listed below:

- A) Score at least 20 varsity points,**
- B) Be in the Conference line-up,**
- C) Be in the Section line-up,**
- D) Meet one of the following listed standards**

100 Meter Dash – 13.5

200 Meter Dash – 27.0

400 Meter Dash – 63.0

800 Meter Run – 2:35

1,600 Meter Run – 6:00

3,200 Meter Run – 12:00

100 Meter Hurdles – 17.5

300 Meter Hurdles – 51.0

Shot Put – 30'0

Discus – 85'0

Long Jump – 15'0

Triple Jump – 31'0

High Jump - 4'10

Pole Vault – 8'6

OR

E) Coach's consideration

2019 Irondale Track Coaches



Jed Knuttila



Tom Rodefeld



Diane Shaw



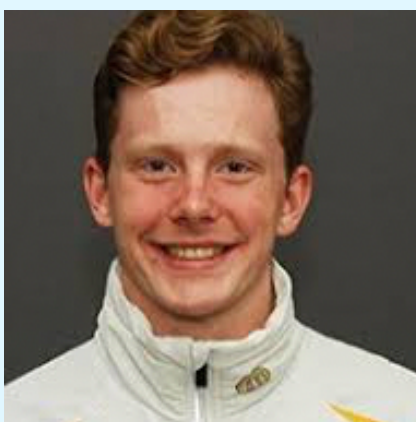
Todd Aber



Esther Fleigle



Colleena Carlisle



McEwan Rodefeld



Sam Yankey



Tom Franta

Responsibilities of an Irondale Track and Field Team Member:

- **Be on time** (EARLY is on-time...on-time is LATE...late is FORGOTTEN!!)
- **Be a good role model** in school, community, meets, and practices
- **Participate in the fundraiser** (be an active member of the program!)
- **Encourage a friend to join**
- **Advocate for your sport**
- **Participate in community service**
- **Help run middle school meets**
- **Help run V/JV meets**
- **Help run GoKnightGo Clinic**
- **Attend ALL practices and meets** (clear any absences with coach)
- **Schedule work commitments around meets and practices**
- **Respect all decisions made by the coaching staff**
- **Commit your physical energies to TRACK** (be fresh for all meets and practices!)
- **Support teammates**
- **Be informed—ALWAYS know what is going on**
- **Be prepared** (mentally, physically, etc...)
- **Be confident** (don't EVER underestimate the power of your MIND!)

There is a schedule attached to this handout. Put these dates on your calendar NOW!! Expect that you will be in each of these meets.

Attendance at all meets and practices is expected.

