



Irondale High School Track and Field

IRONDALE TRACK AND FIELD

FEBRUARY 2023

IRONDALE
TRACK AND
FIELD
COACHES

**Tom
Rodefeld**
Head Coach

**Jed
Knuttila**
Sprints

**McEwan
Rodefeld**
Distance

**Anthony
Satchel**
Hurdles

**Al
Lindberg**
High Jump

**Ben
Ojika**
Pole Vault

**Sam
Yankey**
Shot/Discus



WELCOME TO THE 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.



How do I sign up for the team?

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. Broberg, 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.

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."
Jesse Owens

When do we practice?

We practice every weekday after school, and the 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 also do strength and conditioning three times a week.



What do I need?

IRONDALE
TRACK & FIELD
KNIGHTS

For practice you will need running clothes, shoes, hat, mittens, and sweatshirts. All of these and extra gear should be kept in your locker (that you will get). Always be prepared for outdoor workouts. We seldom practice inside. When the meets start, you will be furnished with running shorts and top and a warm-up suit. 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! We will be outside with only rare exception. 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 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 meet?

Saturday, March 25th @ University of Minnesota

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 sign 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!

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.

What if I have a friend who wants to come out for track?



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**

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 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. Jenn Rahman, MS, ATR is the certified athletic trainer (ATC) currently at Irondale High School, and is in her 1st year at the school. Her school phone number is 651-621-6950 Her hours are 3:00 - 5:00 on all School Days.

“ To give anything less than your best, is to sacrifice the gift. “

Steve Prefontaine

Will we have a fundraiser this year?

The answer is yes. The fundraiser will require about 4 hours of work per individual, instead of practice on one day. Monies raised from the fundraiser go back into the program.

* each athlete is expected to participate in the fundraising event.





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 **twice:**

- 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**

E) Coach's consideration

How can my parents help?

Your parents 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 **Two** home varsity track meets so we will need help. There will be a parent/athlete 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.

2023 Irondale Home Meets

April 14th - Knight's Under the Lights

May 18th - Greenslit Relays

If you have more questions?

Please contact
Tom Rodefeld in Room 312,
E-mail
thomas.rodefeld@moundsviewschools.org
or call (651) 621-6919



Irondale
HIGH SCHOOL
Mounds View Public Schools