Roland-Story Boys Track and Field 2020



Track and Field Handbook

Includes:

- Team Philosophy
- Requirements and Elements of Success
- Expectations and Roland-Story Class
- Team Policies, Procedures, and Consequences
- How To Become Faster
- Team Records and Team Success
- Roland-Story Track and Field Tradition



Team Philosophy

- 1. Every Roland-Story Track and Field student athlete will have track be a positive experience.
- 2. Roland-Story Track and Field has a goal of providing many opportunities for student athletes to be successful as an individual and more importantly as a team.
- 3. We, as a staff, will coach, encourage, provide leadership, motivate, and challenge all student athletes of all ability levels in our program. However, motivation must first come from within the student athletes.
- 4. As a staff, we will base our decisions that will place the team first and the individual second. We will base our decisions for our student athletes on ability/skill, work ethic, attitude, leadership, attendance, and overall conduct.
- 5. The athletic programs at Roland-Story have experienced much success as a result of the work ethic and dedication of the student athlete and coaches. Expectations are high for the athletic programs and the student athletes.
- 6. We also expect student athletes to work extremely hard, put in many hours, and dedicate themselves to this program.
- 7. By participation in Roland-Story Track and Field we hope we can provide student athletes with lifetime skills necessary to be successful later in life.

Physical and Mental Philosophy

- 1. Roland-Story Track and Field program believes in a training philosophy that allows the athlete to peak mentally and physically at the end of the season.
- 2. Training will include mental and physical challenges throughout the season to prepare us for the championship edge.
- 3. The track and field season will be split into three separate training periods to help us achieve the most success at the end of the year. Each period will challenge us mentally to prepare for the rigors of competition.



Requirements and Elements of Success

Requirements:

Every Roland-Story track and field athlete is required to have certain effects to participate in track.

- Physical form handed into the office
- Medical emergency card handed into the office
- Running shoes and/or track spikes (shoes)
- Uniform and track sweats handed out by the coaches
- Appropriate practice attire according to the weather
 - o Cold: Sweat shirt and sweat pants
 - o Warm: Shorts and t-shirt

Elements of Success:

The Four essential elements for success in the Roland-Story track and field program.

1. Health –

You can't run if your not healthy. To be successful you must take care of your body!

2. Consistency –

Improvement comes from training every day of the season and the off-season!

3. Progression –

Intensity and volume of training should increase each year that you run.

4. Patience –

Stick with it through the ups and downs. Progress is made over the course of months and years, not days.



Expectations Practice and Meets

Practice Expectations:

These and the practice expectations for all Roland-Story track and field athletes. Remember that expectations are always high for Roland-Story student athletes.

- Be on time
- Practice hard
- Listen to your coaches. Our sole purpose is to help you.
- Compete in practice when asked; you will perform better in meets.
- Be a leader. i.e.: Be in the front, don't complain or try to get out of workouts
- Expect and demand your teammates to work hard
- Wear and bring the appropriate gear
 - Need sweats for cold weather and sprinters and jumpers will need spikes every once in a while.
- Use appropriate language. Swearing will not be tolerated.
- Be honest.
- Every workout is intentionally planned to help you perform the best.

Meet Expectations:

These are the expectations for all Roland-Story track and field athletes who are in track meets.

• Represent Roland-Story with class, (See next page)

Remember:

Your name is not on your jersey, but Roland-Story Norsemen is!

- Be to bus on time; be to home meet 45 minutes before first competition for warm-ups.
- You will be excused at the end of the meet, or ONLY by a coach.
- Must see parent if not riding on the bus and must have a parent note if riding with someone else's parents.
- COMPETE at all times during meet.
- The coaches will be the only ones to scratch you out of an event, or to add you to an event.
- Set personal and team goals.
- Help the team in anyway that you can. The coaches will not ask you to do anything that you can't do. Place success of the team first.
- Be a good teammate, expect to improve and to win, and have FUN!



Class

Class is respect for others. It is a deep and genuine respect for every human being, regardless of his/her status in life.

Class is having manners. It is always saying "thank you," and "please." It is complimenting people to any and every task that was done well.

Class is treating every other person, as you want them to treat you in a similar situation.

Class never makes excuses for one's own shortcomings, but it always helps the other person bounce back from their mistakes.

Class never brags or boasts about one's own accomplishments, and never tears down or diminishes the achievements of another person.

Class does not depend on money, status, success, or ancestry. The wealthy aristocrat may not even know the meaning of the word, yet the poorest man in town may radiate class in everything he/she does.

If you have class, everyone will know it and you will have self-respect.

If you are without class – good luck, because no matter what you accomplish, it will never have meaning.



Policies, Procedures, and Consequences

As adults and young adults, we make a tremendous amount of decisions, some easy and some difficult. The staff a Roland-Story believes that the decisions that we make through our words and actions will have an impact on the student athletes. Student athletes will also be making decisions through their words and actions. We hope, as all of our parents hope, that the student athletes make positive decisions. As a part of growing up, poor decisions will be make by young adults. We will hold all athletes accountable for their actions. As a coaching staff, the following rules, policies, procedures, and consequences will be enforced for the track and field program.

Practice:

It is mandatory for all student athletes to be at practice and on time. Every effort must be made to schedule time so that there are no conflicts with daily practice. Proper attire (i.e.: sweats and track spikes if needed) must be worn at practice as well. If a student athlete must miss practice or will be late for practice, they must communicate this to a coach.

- 1_{st} unexcused or skipped practice = student athlete has chosen not to compete in next meet. Unless they make the practice up (See Below)
- 2_{nd} unexcused or skipped practice = 2 next meets
- 3_{rd} unexcused or skipped practice = dropped from the team
- If a student athlete chooses to be 45 minutes late, it will be unexcused

Practice Make-up

It is very important that all student athletes come to every practice. If an athlete has an excused practice they may be required to make that practice up. If the athlete chooses to have one unexcused practice he may make it up at 6:30 the next morning and they can still compete in the next meet.

Excused Practice

If a valid reason for missing practice exists (illness or emergency), the athlete must notify the coach prior to the practice that will be missed. Coaches may use discursion for any excused practice. If the student athlete was in school during the day they are expected to be practice on time.

Punctuality

Each athlete is expected to arrive to practice and competitions on time and ready to run.

- 2nd time late will result in 1st unexcused practice (see above)
- 3rd time late will result in 2nd unexcused practice (see above)
- 4th time late will result in dismissal from team.



Norsemen Track and Field Lettering Policy

We will attempt to run all athletes in as many meets as possible. However, some meets are Varsity only meets and only allow a couple of athletes to compete in each event.

Norsemen Track and Field participants will receive a varsity letter if any of the following criteria are met:

- Ocompete in 14 varsity events in multiple team meets, based on an 11 meet season. This may be adjusted for meets gained/lost.
- Finish in the top 8 or compete in a winning relay team at either the Conference or District meet.
- o Seniors who have participated in Norsemen track for three previous years.
- o Meet the minimum standards set for individual performances.

All participants must finish the season to receive a letter.

The coaching staffs reserves the right to award a letter if the athlete does not fulfill the above criteria due to: specializing in only one/two events due to physical constraints: injury or other unusual circumstances.

Letters will be withheld if an athlete has met criteria but jeopardizes the team effort in a meet or is in some manner disrespectful to the coaching staff or to their teammates. (Examples: not running an assigned event or breaking conduct-training rules)

The following is a listing of the minimum standards for a varsity letter if the number of events criteria is not met.

LONG JUMP	19'5"
SHOT PUT	45'0"
DISCUS	125'
HIGH JUMP	5'10"
3200 METER RUN	11:00
1600 METER RUN	5:00
800 METER RUN	2:08
400 METER RUN	:54.0
200 METER RUN	:24.0
100 METER DASH	:11.7
400 METER HURDLES	:59.0
110 HIGH HURDLES	:16.0



Team Success and Records

Team Success:

Roland-Story track and field is a premier athletic program in the state. This is because of the quality of coaches and athletes in the program and also a result of hard work and dedication by all involved. Never forget that expectations will always be high because of what has been accomplished. Here is a list of accomplishments in the past years of the success achieved by student-athletes like you.

	HOIC	Districts	State
1998	2nd in conference	N/A	7 qualified/17th at state
1999	2nd in conference	N/A	8 qualified /5th at state
2000	1st in conference	N/A	8 qualified/21st at state
2001	1st in conference	N/A	8 qualified/7th at state
2002	1st in conference	N/A	11 qualified/ 16th at state
2003	1st in conference	N/A	10 qualified/ 11th at state
2004	1st in conference	1st @districts	15 qualified/3rd at state
2005	1st in conference	1st @districts	14 qualified/ 2nd at state
2006	1st in conference	1st @districts	10 qualified/7th at state
2007	1st in conference	1st @districts	10 qualified/5th at state
2008	1st in conference	2nd @districts	8 qualified/ 11th at state
2009	2nd in conference	2nd @districts	8 qualified/ 14th at state
2010	2nd in conference	3rd @districts	10 qualified/43rd at state
2011	1st in conference	3rd @districts	5 qualified/29th at State
2012	6th in conference	4th @districts	4 qualified/NP @ State
2013	7th in conference	3rd @districts	6 qualified/ 52nd@ State
2014	4th in conference	4th @districts	6 qualified/45th @ State
2015	7th in conference	7тн @districts	5 qualified/NP @ State
2016	3rd in conference	4th @ districts	8 qualified/NP @ State
2017	3rd in Conference	5th @ Qualifier	10 qualified/NP
@State			
2018	4th in Conference	3rd @ Qualifier	4 qualified/32nd
@State			

2007 End of the Season Awards

Coaches Award - R. Amundson
9th MVP - S. Johnson
10th MVP - B. Sampson
11th MVP - D. Johnson
12th MVP - J. Johnson

2008 End of the Season Awards

Coaches Award - Mitch Gibson
9th MVP - Bryttan Thompson
10th MVP - Adam Johnson
11th MVP - Bryce Sampson

12th MVP - Darren Johnson; Peter Elmore; Justin Ludwikowski

2009 End of the Season Awards

Coaches Award - Nolan Rasmusson

9th MVP - Cameron Naglak

10th MVP - Bryttan Thompson

11th MVP - Adam Johnson

12th MVP - Bryce Sampson

2010 End of the Season Awards

Coaches Award - Braden Renaud
9th MVP - Charlie Steenhagen
10th MVP - Alex Johnson

11th MVP - Bryttan Thompson & Travis Wilson

12th MVP - Andrew Henning

2011 End of the Season Awards

Coaches Award - Sam Crouch
9th MVP - Zach Hovick

10th MVP-Charlie Steenhagen11th MVP-Alex Johnson12th MVP-Bryttan Thompson

2012 End of the Season Awards

Coaches Award - Tim Schlorholtz
9th MVP - Spencer Dedic
10th MVP - Matthew White
11th MVP - Charlie Steenhagen
12th MVP - Alex Johnson



2013 End of the Season Awards

Coaches Award - Colton Finley

9th MVP - Alex Teig

10th MVP - Spencer Dedic

11th MVP - Blake Morgan & Matthew White (Tie)

12th MVP - Charlie Steenhagen

2014 End of the Season Awards

Coaches Award - Trent Elliott
9th MVP - Noah Thomas
10th MVP - Alex Teig

11th MVP - Spencer Dedic & Jerald Fritz (Tie)

12th MVP - Blake Morgan

2015 End of the Season Awards

Coaches Award - Zach Tryon & Adam Shorkey

9th MVP - Mitch Shorkey
10th MVP - Matt Moore
11th MVP - Cameron Tinken
12th MVP - Spencer Dedic

2016 End of the Season Awards

Coaches Award - Cody Nelsen
9th MVP - Carter Greenfield
10th MVP - Austin Hobbs

11th MVP - Matt Moore, Dakota Rusher, and Patrick Marlow (Tie)

12th MVP - Alex Teig

2017 End of the Season Awards

Coaches Award - Matt Moore
9th MVP - Kyle Selby
10th MVP - Carter Greenfield
11th MVP - Lydon Heifner
12th MVP - Patrick Marlow

2018 End of the Season Awards

Coaches Award - Blake Sievers
9th MVP - Zach Twedt
10th MVP - Wyatt Bunn
11th MVP - Carter Greenfield
12th MVP - Zach Shadlow



2019 End of the Season Awards

Coaches Award - Carter Greenfield
9th MVP - Eli Thorson
10th MVP - Adam Meilrath
11th MVP - Wyatt Bunn

12th MVP - Sam Diehl, Nick Wakefield, & Grant Olson (Tie)



Team	D.			~ •
i eam	ĸ	pen	ra	S:

EVENT:	INDIVIDUAL:	TIME	YEAR:	
Discus	Ross Bohner		160'7'	1999
Shot Put	Kory Pence		53'6"	1998
High Jump	Clayton Haferbier		6'6'	1987
Long Jump	Alex Johnson		22'01"	2011
800 Medley	L. Heifner – A. Hobbs Z. Twedt – G. Olson		1:37.79 (FAT)	2018
Shuttle Hurdle	E. Taylor – A. Mcilrath		1:03.13 (FAT)2019	
Relay	T. Hocraffer – S. Diehl			
3200m Run	Patrick Johnson		9:59	2003
110 HH	Nic Wynia		:14.4	1998
100 M	Darren Johnson		:10.75	2007
4 X 800	Fritz – Elliott		8:07.08	2014
	Dedic - White		(FAT)	
200 M	Brooks Glasnapp		:21.78	1983
1600 M	Daniel Baumhover		4:25.6	2000
4 X 200	Halbach – Hammes		1:30.61(FAT)	2004
	Olson – Frederick			
400 M	Brooks Glasnapp		:48.18	1983
400 LH	Tanner Whipple		:53.61	2001
1600 Medley	Baker – Van Winkle		3:34.95	2001
	T. Whipple - Baumhover			
800 M	Daniel Baumhover		1:58.0	2000
4 X 100	Ad. Johnson - Mathis		43.45(FAT)	2009
	Sampson – Thompson			
4 X 400	Hammes – Backman		3:23.13(FAT)	2005
	J. Johnson – T. Olson			



How To Get Faster

How do I get faster?:

Most people think that to be fast you have to be born fast. This is true only to a certain extent, yes world-class runners have good DNA but they also possess similar qualities that CAN be trained.

I. Increase Flexibility

a. This allows you to utilize the entire length of the muscle and increase your stride length

Stretch more than just before you run. Try to stretch before running, after running, and one other time during the day. Stretching after running helps remove lactic acid for faster muscle recovery. Always warm up before stretching; it helps the muscles warm up so it can stretch.

II. Strength

a. Stronger muscles give you the ability to create more power

A stronger athlete will always go faster than one not as strong with everything else being equal. Strength allows the runner to create more power at the start of the race. Strength also allows the runner to create more force on the ground, which in turn allows the ground to push more force back on the athlete. Strength allows the athlete to maintain proper running form. Your pillar (or stomach muscles) are a large part of this.

III. Conditioning

a. Allows you to maintain a higher speed over a longer period of time

The body's ability to maintain the highest running speed for the longest period of time will allow the better conditioned athlete a greater chance of success (Ex: runner catching up at end of race). The body must be trained so that it can maintain oxygen for a longer period of time and will be able to recover from lack of oxygen.

IV. Proper Form

a. All movement is geared to going the same direction – No Waste

A runner must run in a tall relaxed manner to maintain the highest speed. Arms, shoulders, and neck should be loose to allow the blood to flow properly throughout the entire body. An athlete with proper form will have all body parts moving in a linear fashion. Arms, legs, and shoulders will not cross. The runner that can maintain the proper form for the greatest distance will have the best chance for success.

V. Stride Frequency

a. The more times your legs can turnover the faster you will be while maintaining the same stride length

This is the runners ability to pick up their feet and put them down as fast as possible. It is very important to not sacrifice stride length when trying to increase frequency. Dot drills, jumping rope, strength training, and overspeed training will help in this manner. Genetics does play a role in a runners stride frequency.



Roland-Story Track and Field Paths to Success

Work Ethic

"Those who believe they can and those who believe they can't are both right."
-Anonymous

Persistence

"What counts is not only the number of hours you put in but how much you put in those hours."

-Anonymous

Opportunity

"The secret of success in life is for a man to be ready for his opportunity when it comes."

-Anonymous

Persevere

"You can't get much done in life if you only work on the days you feel good."

-Anonymous

Preparation

"Today's preparation determines tomorrow's achievement."
-Anonymous

Aspire

"The greatest thing a man can do in this world is to make the most possible out of the stuff that has been given him. This is success, and there is no other."

-Orison Swett Marden

Resilience

"Our greatest glory is not in never falling, but in rising every time we fall."
-Confucious, Japanese Proverb

Extraordinary

"The difference between ordinary and extraordinary is a little extra."
-Anonymous



We Will Protect This Team From These Behavioral Choices That Lead To Failure

This means everybody is responsible for the others around them.

1. "I am not accountable."

You are completely responsible for your thoughts, actions – the team needs you to own them.

2. "It is about me"

Your job is to be a good teammate and to serve others.

3. "I want this to be easy"

Nothing worthwhile is ever easy - if your teammates need to see how hard they need to work, all they have to do is watch you.

4. "I can do it by myself"

Play for each other, be a part of something bigger than yourself – share the work, share the glory.

5. "I give up"

Be strong in the face of adversity – Be the face your team needs to see.