



## Cougar Track

2010

### Coaches



- Jon Gilmer - Head coach, Sprinters, Hurdles
- Jason Just - Long/Triple Jump, Sprinters
- Milan Mader - 800, 1600, 3200
- Rick Ringeisen - Throws (shared with girls)
- Ben Bauer - Throws (shared with girls)
- Erik Nygren - Pole Vault (shared with girls)
- Jazz Sommers - 400, High Jump (volunteer)
- Jim Wolter-Pole Vault, High Jump (volunteer)

### Cougar Track Philosophy

- Our schedule is set up for all abilities to participate.
- We want the athletes to be the best track and field athletes that they can be
- We want to represent our community in a positive fashion
- We want to be positive role models



### MSHSL Eligibility

- **You have signed a form, that states you will follow the MSHSL rules of participation.**
- **If you violate the rules you will have a period of ineligibility**

### Ineligibility Time Frames:

- **1st offense: which ever is the longest in time**
  - 25% of the season
  - 2 weeks
  - 3 competitions which ever is greater
- **2nd Offence: which ever is the longest in time**
  - 50 % of the season
  - 3 weeks
  - 7 competitions which ever is greater

### To Become Eligible After a violation

- You must attend all practices and meets.
- You must complete the entire season, being at all practices, meets and the banquet.
- Only the head coach can excuse you from practice, must be done in advance of the practice.

## Academic Policy



- You must be making progress toward graduation with your class.
- You must be passing all of your classes
- If not you will have 2 weeks to correct, if not corrected you will be ineligible until the next grading period.
- Quarter is 4/9, midterm is May 13

## District/School Eligibility List

- Signed the eligibility packet, only has to be done once a year
- Told the Activities office you are out for track and field
- Paid your fees
- Sign the team Commitment form

## Practice Lengths

- Practice is every Monday through Friday from 3:00 until 5:00 at the High School track,
- Some practices will be shorter depending on weather and practice plans.
- Saturday practices are arranged by individual coaches based on event and need
- **Practices are only canceled when school is canceled due to weather.**

## Track Meet Length

- Dual, Tri or Quad, smaller start at 3:45 and take about 2 1/2 hours to 3. Usually home between 6:30 and 7:30, Everyone competes in these meets (unless co-ed add 1 to 1 & 1/2 more hours)
- Invitational meets are longer, most are scheduled later in the week, they vary in length and run about 5 - 6 hours. Limited entry meets, only top 3 or 4 per event

## Number of Meet's and be Prepared

- 10 JV meets
- 11 Varsity meets
- Few Meets are canceled due to all Weather track surfaces.
- Dress Warm and Dry, do have a tent but we are an outdoor sport
- Food and Fluids - bring plenty



## Injuries

- **Do not stay home and not come to practice**
- First notify the coaches
- See our trainer Molly
- If you see a doctor for an injury you must bring back a doctors slip stating when you can return to competition and practice.
- There is a difference between being sore and an injury
- ICE -- ICE -- ICE -- ICE

## Transportation

- All athletes are to ride the bus to and from the meets
- We are a team we arrive as a team and leave as a team. **If you leave early it must be an important reason and you must approve it with Coach Gilmer.**
- **Due to district budget cuts we will not have return buses on 4/6 Eagan, 4/13 Farmington, and 5/19 Lakeville North. Parents will be responsible to pick up the athletes at these locations.**



## Lettering Requirements

Earn a minimum of 7 points toward the varsity team score in our meets.

Run in the True Team Section or True Team State meet.

Place in the Conference Meet or the Section 1AA meet.

Coaches discretion based on:

1. number of years out for track
2. practice attendance
3. personal goals, attitude, responsibility
4. commitment to the team



## Lettering Cont.

5. Meet one of the standards listed below.

**Standards:**

100 meter	11.8	long jump	18' 9"
200 meter	23.8	triple jump	38' 6"
400 meter	54.0	high jump	5' 9"
800 meter	2:10.0	pole vault	10' 9"
1600 meter	5:00.0	shot put	40' 0"
3200 meter	10:30.0	discus	115' 0"
110 H.H.	16.5		
300 I.M.	44.5		

## Uniforms and Sweats

- The athletes will be issued a school set of sweats and a uniform. (New Sweats & Uniforms)
- The expectation is that they will be returned at the end of the season in good condition.
- Please **wash in cold water and hang dry.**
- Do not dry in dryer they will shrink.
- **Under garments must be one solid color and be White.**

## Spring Break Practices

- Monday, Tuesday and Wednesday 9-11am
- Thursday depends on individual coach
- Friday no practice, building is closed

## Our Financial Situation

- District Reductions
- One assistant coach
- No return buses from schools south of the river.
- Equipment budget

## District Provided Funds

- 4 coaches stipends (district reduced from 5)
- Equipment budget of \$2500
  - Cover uniforms, equipment,
  - Replacement items ~ \$800, shells, spikes, batons, shots, discus, pole vault poles
  - Entry fees every year, ~ \$800

## Our Fundraising Budget

- Two assistant coaches \$3622 per coach, (we have always fundraised for one)
- Return Buses (this year)
  - Eagan ~ \$150
  - Farmington ~ \$200
  - Lakeville North ~ \$350
  - **Rosemount Conf. Prelim/Finals - \$700**
- Awards for Invitational~ \$350
- Trainer for Invitational ~ \$200
- Misc. Supplies for season ~ \$300
- State meet ~ \$300
- Pizza Parties ~ \$150
- Items I forgot ~ \$200
  
- Total ~ \$10,000
- Currently we have \$4000 in Booster Club Account

## Track and Field Booster Club

- Captains Parents are in charge of the Club
- Senior Parents in charge of Parent Meeting and signing up parents for home meets
- Junior Parents in charge of End of Season Banquet
- All parents help work at home meets and in the concession stand.



## Fundraising



- Join the Track and Field Booster Club \$50.00
- We use our home meets as a fundraiser, we are going to ask you to volunteer to work at one home meet.
- Each worker for a home meet is paid \$30.
- We ask that you donate that back to the track team.

## Captains Clothing order

- T Shirts and Sweats

Order forms at the table with the captains

## Information

- My School Web site Found at <http://www.lshs.isd194.k12.mn.us/>
- Cougar Boosters Web site <http://cougarboosters.org/index.htm>
- Lake Conference Web site <http://www.lakeconference.org>
- Jon Gilmer Phone 952-232-3417
- Email: [jrgilmer@isd194.k12.mn.us](mailto:jrgilmer@isd194.k12.mn.us)

# Questions

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