

St. Edward Track and Field

2024 Team Manual

A. Team Philosophy

Being a part of the St. Edward Track team is about much more than athletic success. Yes, we want to perform well and win, but we believe that your academic and personal growth is just as important as your athletic growth. Our main goal is to help each athlete become a leader, prepared to take on the challenges and demands of life after high school. Sports are a great tool to teach dedication, sacrifice, and hard work. The coaching staff is committed to encouraging and providing positive experiences for athletic, academic, and personal growth.

B. Practices

Practices are the single most important key to your development and improvement on this team. The coaches plan the workouts with the goal of improving everyone's performance in the meets. Practice will begin each day at 3:45 in the gym with announcements. Once we have finished with announcements, weather permitting, we will head outside and get started.

- **Attend all practices and be on time:** Regardless of your ability level, your performance will greatly improve if you are attending all practices. Missing practices decreases your potential and hurts the team as a whole. If you know ahead of time you will be missing a practice, notify the coaches as soon as you are aware of it. We expect you to notify us directly; do not have someone else do it. An unexcused absence or tardy will result in extra conditioning. Multiple unexcused absences or tardiness may result in removal from the team. If you do not feel well after school we still need to see you. Do not simply go home. Communicate directly with the coaches and let us tell you to go home and get rest if needed. If you are injured, you still need to attend practice. Unless you have a doctor's note, it will be up to the coach to determine if you are too injured to participate in practice.
- **Dress appropriately:** At practices, please dress appropriately for that day's work out. Weather varies greatly during track season; make sure you are prepared for any weather. We will have practice rain or shine. The clothes you wear to practice should be appropriate for practice and follow the school's dress code. Examples of appropriate clothing would be: gym shorts or sweats, tennis shoes or event specific shoes, and t-shirt, sweatshirt, or tank top. Jeans, sandals, flip flops, button down, and polo are examples of clothes that should not be worn. Hair color should be a natural color.
- **Give your best effort:** Trying your hardest at practice will translate into improvements and improved performances at meets. We cannot all be champions in our events but we can all train like champions every day in practice.
- **Transportation:** There will be times where we will go to another town for practice to use their track facilities. When this occurs, all team members must ride in a school vehicle to and from the practice.
- **Blood Donation:** You are not allowed to donate blood during the day before practice. If there is a blood drive in St. Edward, practice will end early enough that you can donate after practice. You cannot make an appointment before 5:00. You cannot donate the day before a meet or up to 7 days prior to the district or state track meets.
- **Missing Practices:** After 3 unexcused absences from practice, you will be dismissed from the team. The rest of your team is working hard. It is not fair to them for you to miss practice. Try to schedule doctor's appointments around practice. Haircuts are not an excuse to miss practice. We will not have practice the Friday before Prom. Try to schedule your Prom errands for then.

- **Joining the Team:** You cannot join the track team after 2 weeks of practice have passed unless there are extenuating circumstances (moving). You will then need to participate in 10 practices before you can compete. If joining the team late, before the two weeks is over, you will be required to make up the practices that were missed.
- **Abs:** Abs are a part of practice every day. There are more people out for the team than we have spaces on the mats some days. If there is not enough room on the mats, upper classmen get priority to underclassmen. The upperclassmen have been out in years past and shown their loyalty and work ethic. Underclassmen working hard can earn a spot on the mats when upperclassmen are gone. Class order goes by years out for Varsity Track, not academic year. 1 year HS track = freshman, 2 years = sophomore, 3 years = junior, 4 years = senior. Exemptions made for foreign exchange students and students transferring from schools where track was not offered.

C. Track Meets

For most members of the team, the track meets are the most enjoyable part of the season. Track meets give you the opportunity to use what you've learned in practice and see how you have improved.

- **Attendance:** Attendance for all meets is mandatory and not showing up without prior approval from a coach constitutes an unexcused absence. All athletes are required to stay until the end of every meet.
- **Events:** For all meets, you may compete in up to four events including relays. Athletes will have some input in which events he/she will be competing in although ultimately the coaching staff will have the final say. Once your events have been determined, it is expected that you will compete in all events you are scheduled for. Please do not ask to be scratched from your events. Missing events can cause you to be suspended for the next meet and/or include extra conditioning.
- **Uniform:** Make sure you dress appropriately for track meets as weather varies greatly during track season. Also, if you are going to wear undershirts or spandex (shorts or tights), they need to be solid black. You will be issued a sweat suit that should be worn. If additional clothing is worn, it should be either school or neutral in color. (maroon, black, grey or white) Shirts other than the sweatshirt provided should be in support of the school. You are responsible for your own uniform. Make sure you have everything you need. This could include but is not limited to: uniform top and bottom, any garments wished to be worn underneath, socks, shoes, race spikes, and hair accessories.
- **Event Preparation:** Athletes are responsible for knowing what time their events are to begin. You should be warming up for your event 20 minutes prior to the race. It is your responsibility to warm up and make it to your event on time. Event preparation includes cooling down after an event as well.
- **Tent:** Everyone is expected to help set up and take down the tent at the first meet. Freshman and student managers are responsible for the tent after that. Everyone should help clean up after the track meet. There is to be no PDA in the tent. While you're at the meets you are representing St. Edward and should remember this in all of your actions. If this is a problem, the tent will be left at the school. When not competing, instead of lying in the tent, you should go to and cheer your teammates on in their events. Track is an individual sports, but also a team sport. Support your teammates.

- **Transportation:** You are encouraged to ride the bus to and from all track meets. If you are late and do not arrive to school before the bus leaves, you cannot compete or attend the track meet unless previous arrangements have been made. We will inform the office you missed the bus and you must attend school. While it is preferred that you ride the bus home with your team, you may leave at the end of the meet with a parent or guardian only. The adult must sign you out. If you are leaving the meet with anyone other than a parent or guardian, written permission must be obtained from the parent or guardian. If you know ahead of time that you are planning on leaving with someone other than your parent or guardian from a meet, please get your written permission to the coaches ASAP. If the meet is held on a school day during school hours, you cannot leave before the school hours are up. Example: a meet ends at 2:30 you must ride the bus back to school with the team. You cannot go straight home from the meet unless prior arrangements have been made. Ex: You live in Albion and the meet is held in Albion.
- **Attending the Meet:** Anyone participating in the Varsity track meet will be required to participate in at least 2 events. Some exceptions may be made. Such as: there is not an event open to participate in, a doctor's note, or participation in the two mile. If you cannot complete full practices, you cannot attend a meet.

D. Academics

As a student-athlete, academics are a critical part of being part of this team. We will follow school policy as far as eligibility. However, if you are failing a class, you are required to come in for 30 minutes of mandatory study hall before school twice a week to help bring your grades up (or after practice if necessary). Failure to attend study hall will result in you not being able to attend track meets or dismissal from the team. You should not ever need to miss practice to make up class work; you need to find a way to do your work before or after practice. If you need help with an assignment or class, ask for help. The coaches are willing to assist after practice if it is needed. If white slips are being used, **White slips need to be filled out prior to leaving for a meet and turned in to Ms. McIntosh by the end of practice the day before the meet. It needs to be filled out completely or you cannot go!**

E. Weight Training

A proper weight-training program is an important aspect of your total conditioning regimen. It will improve your overall strength, flexibility and explosiveness, which, in turn, will improve your performance. We will lift weights during or after practice. A morning session may also be added if needed. If you are rushing through your weights, and the coaches feel that you are not doing a proper job, we will begin to do them as a group, all at the same time. There is not near enough equipment for everyone to do everything at the same time. That means that practice will be significantly longer. I suggest you do everything and do it correctly to save everyone time. **No rushing. No shortcuts. Proper technique. Proper amount of wait time in between reps.**

F. Lettering

In order to letter, you must score points in a varsity meet during the course of the season. You must also finish the season as a member of the team.

G. Behavior

As a member of the St. Edward Track team, you are, at all times, representing our team, our school, and our town. Therefore, it is crucial that you **always** conduct yourself in an appropriate and courteous manner. **This includes practices and meets. This means showing respect to coaches, teammates, officials, competitors, and spectators at all times.** We will always be encouraging to our teammates, pushing each other to be the best. There are many aspects of this sport that are individualized but there are also many aspects that are team related. Some competition between teammates in events can be healthy, but bullying will not be tolerated. **The coaches are not your babysitters. If you cannot be trusted to behave at practices and at meets, then you will not attend meets. Inappropriate behavior at practices and at meets can result in an athlete not attending future meets and practices.** Being upset with a performance and teammates happens. **Yelling, screaming, using profanities, name calling, kicking things, hitting things, throwing things, and general fits of rage will not be tolerated.**

- You are expected to comply with all Saint Edward school policies as well as NSAA policies.
- Show respect to coaches, teammates, officials, competitors, and spectators at all times.
- Always be encouraging to our teammates, pushing each other to be the best.
- Items found on the ground, stay on the ground. Especially in field events. These are often times used as starting markers.
- Rocks also stay on the ground. Do not kick or throw them!
- Do not kick or throw any objects (including fruit and living or dead animals) at other people or objects (this includes vehicles, mailboxes, and signs)
- Do not hide animals in your pocket, clothing, or bag.
- Always run on the left hand side of the road, unless running around the block of the practice field or otherwise instructed.
- Do not pull leaves off of trees or bushes or pull up handfuls of grass. You are disrespecting someone else's property. Do not "gently" throw/toss grass, sticks, rocks, etc. at people.
- Stay out of the ditches. They are also someone else's property.
- No trespassing. This includes but is not limited to, running down the railroad tracks!
- Do not touch other people without their permission. This includes tapping, poking, (with finger or other objects such as sticks) pushing, (including during abs) etc. No you cannot ask someone permission if you can push them over during abs!
- Do not touch other people's things. This includes their bags and lunches. You may need to move things around in the tent. Please be respectful and mindful of what you are doing. Do not throw things, sit on things, or eat something that is not yours.
- **Garbage needs to find a garbage can or put it in your bag.** It is not someone else's job to clean up your mess. **This includes on the bus.** If garbage becomes a problem, the whole team will have extra conditioning after practice. There are garbage bags in the med kit.
- If cell phones become a problem, we will take them away. This includes during weight lifting, abs, and at meets.
- Music needs to be played at a respectful level & school appropriate, both at practices & at meets.
- There are NSAA guidelines for use and restrictions of electronic devices at track meets. This includes cell phones, cameras, tablets, & music listening devices for both personal & group use.

- The school and coaches are not responsible for any valuables that you bring to practice or to a meet. There is a chance that things can be stolen. Do not bring things if you are afraid they may be taken. During practice, keep things locked in your locker. During meets, no one is at camp or on the bus to monitor them. You may trust the people on your team but our team will not be the only people at a meet.
- Only *relieve* yourself in the appropriate place, such as a toilet, urinal, or porta potty. This does not include a bridge, cornfield, behind a tree, etc.
- No eating during workouts/activities/warm-ups/cool-downs. After C&S is okay, but not in the weight room or during abs.
- No instruments are allowed. This includes the plastic toy variety and items such as harmonicas, kazoos, whistles, accordions, and horns.
- **Student managers are not your personal attendant to boss around! You are not their superior!** It is not their job to keep track of your stuff or to fetch it for you. They are there to assist the COACHES and do not take orders from you!! Just because you do not see them doing anything doesn't mean they aren't doing something. You need to respect the student managers just like you do every other member of the team.

2024 NSAA Qualifying Standards

POLE VAULT AND HIGH JUMP

(ADDITIONAL QUALIFIERS)



BOYS

In addition to the regular qualifiers in boys' Pole Vault and High Jump, all qualify who equal or exceed the additional qualifier mark at the 2024 NSAA District Track Meet. The additional qualifier mark is determined by using the average height of 8th place at the State Meet for the past 3 years.

	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
Pole Vault	13-2	13-2	13-0	12-4
High Jump	6-3	6-2	6-1	5-11

GIRLS

In addition to the regular qualifiers in girls' Pole Vault and High Jump, all qualify who equal or exceed the additional qualifier mark at the 2024 NSAA District Track Meet. The additional qualifier mark is determined by using the average height of 8th place at the State Meet for the past 3 years.

	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
Pole Vault	10-0	10-2	10-0	9-0
High Jump	5-2	5-1	5-2	4-11

Girls

100 M	Regan Carlstrom	11.9	2003
200 M	Regan Carlstrom	25.5	2003
400 M	Connie Micek	58.1	1976
800 M	Lorrie Baustert	02:23.3	1976
1600 M	Lorrie Baustert	05:31.8	1976
3200 M	Vicki Roberts	12:42.9	1986
100 HH	Natalie Leinart	15.6	1999
300 LH	Shonda Shanle	47.4	2017
400 M Relay	Crystal Zabka Ashley Micek Natalie Leinart Erin Jonda	51.5	1999
1600 M Relay	Ashlie Baker Mandy Baker Brenda Carlson Regan Carlstrom	4:12.37	2004
3200 M Relay	Abby Thompson Brenda Andreasen Kalli Morfeld Kari Morfeld	10:49.1	1997
High Jump	Michelle Kasper	5' 3"	1996
Long Jump	Regan Carlstrom	16' 1 3/4"	2003
Triple Jump	Ashlie Baker	32' 9"	2004
Shot Put	Jacie Victor	39' 0"	1995
Discus	Jacie Victor	141' 3"	1997

Boys

100 M	Andrew Shanle	10.4	2002
200 M	Scottie Shanle	21.9	1998
	Andrew Shanle		2002
400 M	Shavontae Samuels	50.17	2008
800 M	Chuck Micek	02:00.3	1974
1600 M	Eldon Kuntzelman	04:33.5	1980
3200 M	Eldon Kuntzelman	09:56.1	1978
100 HH	Chad Micek	14.3	1989
300 LH	Chad Micek	39.9	1989
400 M Relay	James Kiesling	43.73	2002
	Andrew Shanle		
	Trevor Leinart		
	Steve Janda		
1600 M Relay	Alan Kasper	03:30.4	1974
	Steve Johnson		
	Casey Micek		
	Chuck Micek		
3200 M Relay	V. Sorensen	08:16.5	1980
	Jim Lloyd		
	Ross Munn		
	Eldon Kuntzelman		
High Jump	Larry Stoley	6' 4"	1981
Long Jump	Dwaine Nelson	21' 8 5/8"	1937
Triple Jump	Larry Stoley	44' 3"	1981
Pole Vault	Brad Thompson	11' "6"	1980
Shot Put	Dan Jasa	55' 0 1/2"	1999
Discus	Lynn Hasselbach	167' 1"	1962

GIRLS

	1st	2nd	3rd
100	13.32 Shonda Shanle 2016	13.5 Skyelar Sindelar 2021	13.6 Sara Baustert 2014
200	27.7 Sara Baustert 2014	28.82 Shonda Shanle 2016	29.0 Skyelar Sindelar 2021
400	61.35 Lainey Werts 2019	66.84 Emma Olson 2019	67.7 Shonda Shanle 2018
800	2:27.73 Lainey Werts 2019	3:16 Leoni Jacks 2022	3:20 Yoselin Herrera-Frias 2021
1600	7:16 Alyssa Reardon 2019	7:26 Leoni Jacks 2022	7:35 Shonda Shanle 2015
3200	15:25 Emily Cumming 2016	15:59.81 Emma Ketelsen 2019	17:35 Alyssa Reardon 2019
100 Hurdles	15.7 Sara Baustert 2016	17.8 Shonda Shanle 2017	19.6 Shayla Shanle 2014
300 Hurdles	47.4* Shonda Shanle 2017	51.2 Sara Baustert 2015	56.71 Alyssa Reardon 2019
Long Jump	14-08 Izabelle Zurovski 2023	14-06.25 Skyelar Sindelar 2021	13-10 Breanna Miller 2015
Triple Jump	28-00.75 Sara Baustert 2016	27-04.5 Jenna Czarnick 2019	26-04 Skyelar Sindelar 2021
High Jump	4-10 Lainey Werts 2019	4-02 Alyssa Reardon 2019	4-00 Breanna Miller 2015
Shot Put	35-07 Treva Tharnish 2018	31-01 Kassidy Roberts 2016	28-08 Magdalena Kohl 2022
Discus	97-11 Treva Tharnish 2018	96-05 Tyra Reardon 2016	89-06 Kassidy Roberts 2016

GIRLS

	1st	2nd	3rd
4x100	58.0 Shonda Shanle Breanna Miller Lacie Cruise Lainey Werts 2017	58.2 Sara Baustert Shonda Shanle Treva Tharnish Breanna Miller 2015	1:05 Amanda Lindstrom Kelsey Alder Hailey Osantowski Sophie Reeves 2018
4x400	4:35 Emma Olson Jenna Czarnick Alyssa Reardon Lainey Werts 2019	4:39 Shonda Shanle Emma Olson Amanda Lindstrom Lainey Werts 2018	4:52.7 Shonda Shanle Emma Olson Lacie Cruise Lainey Werts 2018
4x800	14:17.39 Lacie Cruise Reagan Palmer Gabby Muckey Emma Ketelsen 2018	14:42 Yoselin Herrera-Frias Magdalena Kohl Leoni Jacks Rebekah Ketelsen 2022	15:18 Yoselin Herrera-Frias Magdalena Kohl Leoni Jacks Rebekah Ketelsen 2022

BOYS

	1st	2nd	3rd
100	11.3 Drake Shanle 2016	11.5 Jonah Micek 2017	11.7 Lucien Ruby 2019
200	23.5 Noah Micek 2016	23.54 Brayden Olson 2017	23.8 Jonah Micek 2017
400	52.1 Jonah Micek 2016	54.01 Tanner Trube 2018	54.47 Brandon Miller 2015
800	2:03.67 Cole Mowrey 2022	2:04.5 Brayden Olson 2017	2:15.6 Riley Riggs 2018
1600	5:28 Brandon Miller 2014	5:33.4 Riley Riggs 2016	5:33.45 Cris Irineo 2021
3200	11:12.7 Riley Riggs 2017	12:01 Conor Laska 2021	12:24 Trevin Mowrey 2022
110 Hurdles	15.95 Austin Miller 2014	16.7 Keenan Rasmussen 2016	17.64 Trevor Rasmussen 2019
300 Hurdles	42.9 Keenan Rasmussen 2015	44.28 Trevor Rasmussen 2018	44.3 Austin Miller 2014
Long Jump	20-06.5 Brandon Miller 2016	20-01.5 Lucien Ruby 2019	19-06.5 Tanner Trube 2018
Triple Jump	39-11.5 Trevor Rasmussen 2018	39-06.75 Payton Fitchner 2022	37-10 Isaac Roberts 2021
High Jump	6-01 Riley Riggs 2019	5-10 Cole Mowrey 2022	5-08 Spencer Werts 2022/23
Shot Put	43-04.5 Bryce Hoffmeister 2016	42-07 Brandon Merrell 2021	42-01 Isaac Roberts 2023
Discus	125-10 Tanner Trube 2018	121-09 Jeremy Osantowski 2018	117-02.5 Brandon Merrell 2021

BOYS

	1st	2nd	3rd
4x100	<p style="text-align: center;">45.6</p> <p style="text-align: center;">Keenan Rasmussen Brayden Olson Jonah Micek Drake Shanle 2016</p>	<p style="text-align: center;">46.9</p> <p style="text-align: center;">Keenan Rasmussen Noah Micek Jonah Micek Drake Shanle 2016</p>	<p style="text-align: center;">47.0</p> <p style="text-align: center;">Keenan Rasmussen Brayden Olson Riley Riggs Jonah Micek 2017</p>
4x400	<p style="text-align: center;">3:35.3</p> <p style="text-align: center;">Jonah Micek Noah Micek Brayden Olson Brandon Miller 2016</p>	<p style="text-align: center;">3:44.4</p> <p style="text-align: center;">Jonah Micek Riley Riggs Keenan Rasmussen Brayden Olson 2017</p>	<p style="text-align: center;">3:46.72</p> <p style="text-align: center;">Tanner Trube Alias Schumacher Trevor Rasmussen Riley Riggs 2018</p>
4x800	<p style="text-align: center;">9:05.49</p> <p style="text-align: center;">Lucien Ruby Riley Riggs Nick Barnes Cole Mowrey 2019</p>	<p style="text-align: center;">9:20.35</p> <p style="text-align: center;">Spencer Werts Payton Fitchner Cris Irineo Cole Mowrey 2021</p>	<p style="text-align: center;">9:27.48</p> <p style="text-align: center;">Spencer Werts Payton Fitchner Anthony Reader Cole Mowrey 2021</p>

District Schools

D-2 Hosted by ? in ? Wednesday, May 8

- **East Butler**
- **Hampton**
- **High Plains Community**
- **Howells-Dodge**
- **Humphrey St. Francis**
- **Mead**
- **Nebraska Lutheran**
- **Osceola**
- **Parkview Christian**
- **Scribner-Snyder**
- **St. Edward**

Last year's District in Osceola

- Cedar Bluffs
- East Butler
- Hampton
- Heartland
- High Plains Community
- McCool Junction
- Mead
- Nebraska Lutheran
- Osceola
- Parkview Christian
- St. Edward

2024 Track Schedule

DATE	INVITE	PLACE	LEAVE TIME	START TIME
Friday 3/15/2024	Concordia Indoor	Seward	1:15 PM	4:00 PM
Thursday 3/21/2024	Rebel	Loup City	8:00 AM	11:00 AM
Wednesday 3/27/2024	Osceola	Osceola	7:00 AM	9:00 AM
Friday 4/12/2024	Burwell	Burwell	7:15 AM	10:00 AM
Thursday 4/18/2024	Palmer	Fullerton	7:45 AM	9:30 AM
Friday 4/26/2024	GRC	Fullerton	8:15 AM	10:00 AM
Thursday 5/2/2024	McCool Junction	McCool Junction	7:30 AM	10:00 AM
Wednesday 5/8/2024	District	Osceola	TBD	TBD
Friday-Saturday 5/19-20/2024	State-All day both days	Omaha Burke	Thursday	TBD