

LAKEVILLE NORTH TRACK & FIELD

*** Family * Fun * Tradition * Get Better Every Day ***

Own Every Day! Trust the Process! Compete!

2024 TRACK & FIELD MEETING

- **Coaches Updates**
- **Track & Field 101**
- **Staying Healthy & Avoiding Injury**
- **Staying Informed**
- **Booster Updates**
- **Checklist**

A white L-shaped line is drawn on a red background. It starts with a white circle on the left, extends horizontally to the right, then turns 90 degrees downward, ending with another white circle on the right side.

YOUR COACHING STAFF



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graph TD; HC[Head Coach] --- MS[Head - Boys & Girls]; MS --- AH[Assistant Head]; AH --- AG[Asst. Head - Boys & Girls];
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Head Coach

Matt Sullivan
Head - Boys & Girls

Assistant Head

Alison Gipp
Asst. Head - Boys & Girls

Meet our Coaching Staff

James Butler

Hurdles

Hannah Lamkin

Short Sprints

Chad Claybaugh

Long Sprints

Jack Trudeau

High Jump

Emily Wright

Short Sprints | Jumps TJ/LJ

Jill Niesen

Katie Schmeling

Karl Ermisch

Boys Distance

Rich Heilman

Girls Distance

Gary Austin

Pole Vault

Josh Wolter

Girls Shot & Disc

Derek Sindelir

Boys Shot & Disc

Jesse Harvey

Aaron Wheatcraft

Brett Altergott

Volunteer Coaches

2024 TRACK & FIELD CAPTAINS

Chase Altergott

Maggie Ball

Tyler Christianson

Danielle Casey

Darby Griffin

Claire Koznick

Sam Ripplinger

Greta Lauer

Christian Roepke

Lauren Reynolds

Lexi Singer

OUR CORE VALUES

- Family
- Fun
- Tradition
- Get Better Every Day



All are welcome!

Want to meet teammates & prepare for the season?



- Join the athletes' GroupMe →
- Captains' Practices in the Dome
 - Thurs, Feb. 22, field B
 - Tues, Feb. 27, field C
 - Thurs, Feb. 29, field B **all are 3:00-4:15pm**
- Skating at Hasse
 - Feb. 25, 2:30-4:15pm
 - \$10 admission, \$5 to rent skates
 - get food afterwards?

- **18 events: 12 track + 6 field**

100m dash	4x100m relay	High jump
200m dash	4x200m relay	Pole vault
400m dash	4x400m relay	Discus
800m run	4x800m relay	Shot put
1600m run	100m/110m high hurdles	Long jump
3200m run	300m low hurdles	Triple jump

- **Athletes participate in up to 4 events
(Combination of up to 3 track or field)**
- **Athletes might change between
Varsity & JV throughout the season
(lettering info on website - Resource Hub Tab)**

TRACK & FIELD 101

For Athletes

**Challenge yourself
to try new events!**

Order of Events:

4x800m Relay
 100m/110m HH
 100m Dash
 4x200m Relay
 1600m Run
 4x100m Relay
 400m Dash
 300m L/I Hurdles
 800m Run
 200m Dash
 3200m Run
 4x400m Relay

Field Events are no particular order.

- **We love rookies - there's something for everyone!**
- **Have a growth mindset - it's all about getting better throughout the season**
- **We don't cut**
- **Great asset for multi-sport athletes**
- **Be prepared to try a variety of events**
- **Track & field is unique - both team and individual**
- **It's okay to be anxious and nervous**

TRACK & FIELD 101

For Athletes

*Accept & embrace
your uniqueness
as an athlete!*

- **Season starts Monday, 3/11**

- Practices Mon-Fri (3-5:15-5:30ish)
 - Warm-Up
 - Practice Workout / Event Work
 - Strength Training 2x per week
- Meet on track, in dome, or in LNHS south Commons
- Saturday & Spring Break practices (optional but highly encouraged/recommended, usually 9-11am by event group unless we are in the Dome and subject to time available)
- Find ways to be at practice instead of ways to not be at practice
- Dress appropriately for weather!!
- Shoes are important! (TC Running Burnsville 15% athlete discount on track & field shoes and spikes)
 - [TCRunning Company Flyer](#)

**Make sure you're officially registered
before the first day of practice!
(lnspanthers.com/signup)**

TRACK & FIELD 101

For Athletes

*Team first!
Then self!*

Visit the LNHS T&F website to view the 2024 Schedule

- Usually one meet per week JV & Varsity, sometimes two
- Varsity usually top 3-4 athletes per event, changes throughout season. JV Unlimited
- Varsity meets usually have tentative times for events, JV meets usually a rolling schedule
- Meets may be longer than you expect; plan accordingly - clothes and food/water!
- Team - stay to watch your teammates!
- We will have buses to and from meets - new this year! Athletes are expected to ride the bus both ways. (district policy)
- Home meets
 - Boys JV meet Mon, 4/22
 - LNHS Mega Meet Sat, 4/27
 - Girls JV meet Wed, 5/1

TRACK & FIELD 101

For Parents

We cannot answer:

*“At what time will
my son/daughter
compete?”*

- **10 Things that athletes can bring that require ZERO talent!**

- Be On Time
- Work Ethic
- Effort
- Energy
- Body Language
- Passion
- Doing Extra
- Being Prepared
- Being Coachable
- Attitude

TRACK & FIELD 101

For Athletes

*Athletics help us
develop life skills.
Get Better Every
Day!*

Athlete/Coach Communication

- Chain of Command

- Athlete – Event Specific Coach
- Athlete – Event & Head Coach
- Athlete/Parent – Head Coach

**Communication is part of getting
better every day!**

- Communicate with your coaches!!!
- Being injured vs being hurt. Coach first, then trainer.

TRACK & FIELD 101

For Athletes &
Parents

*The more you
learn about
Track & Field, the
more you'll love it!*

Meet our Athletic Trainers!

Heather Bartz & Jess Weideman

Summit Orthopedics



**SUMMIT
ORTHOPEDECS**

Email:

hbartz@summitortho.com

jweideman@summitortho.com

Education:

Heather - University of Montana

(Masters in Athletic Training)

Jess - Minnesota State University – Mankato

(Masters in Athletic Training)

Team Doctor:

Dr. Brent Warner MD, Summit Orthopedics

AT Office:

Located in the main gym

Open 1-6pm, available at all home meets this spring

Head Athletic Trainer – Heather Bartz MAT, LAT, ATC
Assistant Athletic Trainer – Jess Weideman MS, LAT, ATC

Lakeville Summit Clinic:

17210 Kenyon Avenue (off of 35 near Holiday Gas Station/Perkins)

- [OrthoQuick](#) Walk-In Clinic Open 8am-8pm, every day of the week
- Doctor, PT, OT appointments available 8am-4pm, M-F
- Contact Heather/Jess to schedule an [appt](#) **OR** visit summitortho.com/schedule to make an appointment

Our Role:

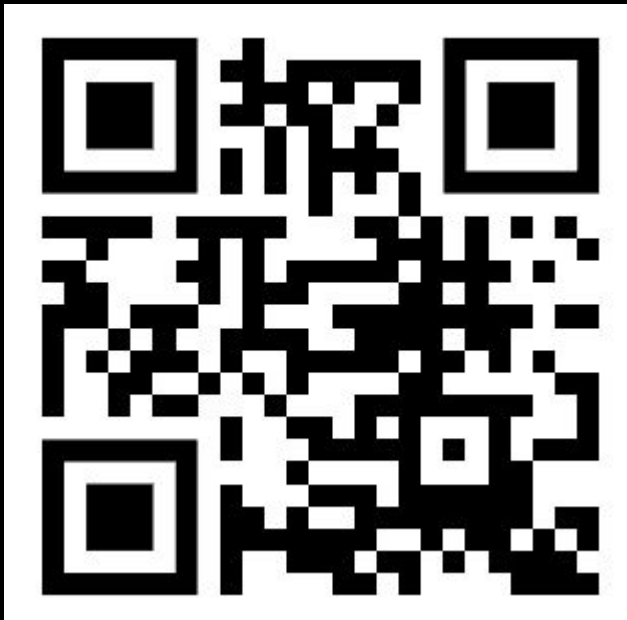
To recognize, evaluate, diagnose, treat, and rehabilitate any sports related injuries, emergencies, or first aid scenarios that happen at practices and games. If our training is not adequate to care for the injury your child sustains, we will refer to an appropriate doctor, physical therapist, occupational therapist, the emergency room, etc.

**** We will be in touch via email or phone call if an injury needs medical attention outside of our scope of care! ****

Return To Play:

If your child sees a doctor or physical therapist for treatment for an injury, we **REQUIRE** a note clearing them to return to play before we can allow them to return to activity. Either email the note to us or have your child bring it to us in person.

**Check out their suggestions for
exercises & stretches you can
do to help prevent shin splints:
Access Code: YGETPNP7
www.medbridgego.com**



TRACK & FIELD 101

For Athletes

*How can we prepare
to stay healthy this
season?*

- **We supply uniforms for all athletes**

- Uniforms for competing
- Clothes for warming up at meets are athlete's responsibility - **represent LNHS, wear player pack items**
- We have some used sprinting & throwing shoes to lend (see coaches)
- Athletes are responsible for returning uniforms at the end of the season



Please help your athletes take care of their uniforms!

#1 problem is stickered #s left on uniforms prior to them going into the washer/dryer

**TRACK & FIELD
101**

For Parents

*Let's keep our
uniforms in great
condition!*

- **Who We Are**
- **Our Purpose**
- **Fundraising**
- **Volunteering**

BOOSTER UPDATES

2024 BOOSTER BOARD

WHO WE ARE

Parents working together to support our Coaches, Athletes and Program.

Matt Sullivan

Head Coach | Director

Alison Gipp

Asst Head Coach | Director

Nicole Casey

Co-President

Heather Brown

Co-President

Michelle Weisser

Treasurer

Elizabeth Day

Sponsorships

Nicole Casey

Heid Altergott

Social & Silent Auction

TBD - Open

Photography Coordinator

Heidi Kimmel

Volunteers

Matt Christianson

Social Media

Matt Christianson

Heidi Altergott

Elizabeth Day

Fundraisers

Coral Ripplinger

Pasta Dinner, Banquet

Jennifer Ball, Patty Koznick

Members-at-Large

2 GOALS: Raise Funds, Recruit Volunteers



District Funds

\$\$

+

\$\$

Booster Funds



Families pay \$300 Track & Field Activity Fee to Lakeville School District who provides our Track & Field budget

= Total
Track & Field
Expenses

Booster Club raises **additional funds** to help cover costs not covered by the District

2024 FUNDING

Lakeville School District Supports: 10 Coach Stipends, Busing to Meets, Facility

2024 Booster Club Funding Supports:

Equipment

PV & HJ
Top Pad &
Cover

Training
Equipment

Contribution
to New
Hurdle Fund

Team Building

3 Additional
Coach
Stipends

Catered Team
Pasta Dinner

Banquet and
Season
Awards

Administrative

Meet Entry
Fees

Timing and
Officials for
Home Meets

Misc.
Expenses

FUNDRAISING:

**BOOSTER
DONATION**

\$200 Donation per Family

**Cash or Check payable to:
"LNHS Track and Field Boosters"**

**Your \$200 Donation includes:
\$100 Booster Donation
-and-
10 LNHS T&F Social and Silent Auction Tickets***



****Families can resell their tickets at \$10
each to recoup \$100***

FUNDRAISING:

**BOOSTER
DONATION**

Double Good Popcorn Event

Monday Feb 19th @ 6:00pm through
Friday Feb 23rd @ 6:00pm

50% of Profits go to the LNHS T&F

100% Contactless

No door-to-door sales

Raising Joy
**Double
Good**

Download the app today

Event Code: KVF YIS



FUNDRAISING:

SOCIAL

Parents and
Adult Family/Friends
of T&F Athletes
are invited to attend!

Activities include:

Silent Auction
50/50 Raffle
Gift Card Wall
Wine/Liquor Pull
Raffle

LNHS TRACK & FIELD SOCIAL & SILENT AUCTION

SATURDAY, MARCH 23RD @ 2:00

TICKETS
\$10



**LAKEVILLE NORTH
TRACK & FIELD**

*PURCHASE TICKETS
IN ADVANCE FROM
ANY TRACK ATHLETE
OR AT THE DOOR*

SILENT AUCTION • 50/50 RAFFLE • FREE BEER

RED FOX TAVERN

22815 PILLSBURY AVE. LAKEVILLE, MN 55044

RAFFLES CLOSE @ 3:45

SILENT AUCTION @ 4:00

FUNDRAISING:

SOCIAL AND SILENT AUCTION

Boosters are
requesting donations
from each grade level
for the wine/liquor
raffle
and the gift card wall!

Grade Level Social Donations

7th-10th GRADE

Gift Cards
(any type/amount)

11th-12th

GRADE

Wine/Liquor

Donations needed by Friday 3/8

Drop off:

Nicole Casey - 17807 Impala Path - (612) 412-6597

FUNDRAISING:

APPAREL

- **We recommend that athletes purchase a black sweatshirt and a black t-shirt (LS or SS)**
 - Store is open Sun 3/10 - Sun 3/17
 - Orders arrive prior to 1st meet
 - If you have those items from previous years, it's okay to reuse them instead of purchasing new

ARCON.



**VOLUNTEERING:
HOME MEETS**

Volunteer at Home Meets:

- **Boys JV Meet - Mon 4/22**
- **MEGA Meet - Sat 4/27**
- **Girls JV Meet - Wed 5/1**

**Sign-Up Links
will be emailed,
posted on Linktree
and our website!**

STAY CONNECTED

Head Coach Weekly Sunday Emails

LNHS Track & Field Website

- www.lnhspanthers.com

Remind

- Parents - text @lntf24 to 81010

Twitter @LNHS_Track

Facebook Lakeville North Track & Field

Instagram @lntrackandfield

Flickr [link on website](#)



(Schedule, Apparel, Volunteering, Website)

SPONSORSHIPS

**THANK YOU
2024 GOLD SPONSORS**



What To Do Next?

CHECK LIST:

- Register for Track & Field
- Booster Donation & Social Tickets
- Get Ready to Start the Season!

Thank you!!!

