

Welcome to
2025
Track and Field

Communication:

Email: sara.hatleli@district196.org

Sign up for the email List Serve

Twitter/X: Rosemount Girls T&F, @hatleli

website: www.rosemounttrack.com

Athletes: join the Schoology group
(access code W8M5-H86W-HG5M6)

Coaching Staff:

Sara Hatleli: Head Girls Coach, Girls Distance

Jay Hatleli: Head Boys Coach, Boys Horizontal Jumps

Parc Williams: Boys and Girls Hurdles

Brett Larson: Girls Sprints and Relays

Grant Gilbertson: Boys Sprints and Relays

Doug Anderson: Horizontals (long and triple jump)

Tom Hatleli: Horizontals (long and triple jump)

Tim Conboy: Director of Throws

Kurt Bills: Shot Put and Discus

Pat Ahern: Shot Put and Discus

Lance Walsten: Boys and Girls Pole Vault

Chris Harder: Boys Distance

Trevor Trombley: Boys and Girls High Jump

Lauren Peterson: Girls distance

Teams:

Our team consists of a JV and Varsity squad. There isn't a tryout at the beginning of the season, it is an ongoing tryout throughout the season. The best marks/times are the athletes who will compete varsity from meet to meet.

Equipment:

1. Good pair of training shoes
2. Practice clothes for any type of weather. We do practice outside in the cold and rain.
3. Cold Weather Gear for meets: Navy running tights and Navy compression top.
4. Uniform: We will provide uniform top. Our team will wear navy blue spandex/compression bottoms.
5. Competition Shoes: Spikes/Throwing shoes (not required, but recommended)
6. Watch: not required, but helpful for workouts

Multi Sport Athletes

*We encourage multi-sport athletes and want to work with you to make track work for them.

***Communication is Key!!**

*We can work around a lot of schedules, but expect the same willingness in return from the other coach/organization.

*True Team, Conference, Sections, and State are not negotiable meets (basically the month of May/beginning of June)

Practice:

*We will practice Monday through Friday every week from 2:45-5:00 (typically done earlier than this).

*Saturday Practice: this will be a week by week decision, times may vary by event- typically in the morning

*Coaches will announce at the beginning of practice what field events will be meeting that day.

*Being at practice, the effort you give at practice, the attitude you have at practice, and your encouragement of teammates all make you a better athlete and teammate.

*Listen to your coaches, they are trying to help you be the best athlete you can be.

Meets:

*There will be an opportunity for all athletes to compete most weeks of the season.

*We will provide transportation to and from all meets. Certain meets during the season, athletes will be required to ride the bus to the meet otherwise driving is an option that needs to be discussed with me.

*The coaching staff will make the lineup. It is our intent to put athletes in events that we feel they can have success and will help the team. Please be supportive in the decisions that we make.

Lettering Policy

In order to earn a Varsity Letter, you must do the following:

1. Compete in the True Team Section Meet (3 per event)
OR
2. Compete in the South Suburban Conference Meet (3 per event)
OR
3. Compete in the Section 3AAA Meet (3 per event)
OR
4. Compete in the True Team State Meet (3 per event)
OR
5. Compete in MSHSL State Meet (must qualify)
OR
6. Meet the following times/heights/distances:

100m: 13.9	Pole Vault: 7'6"
200m: 28.5	High Jump: 4'8"
400m: 65.0	Long Jump: 14'6"
800m: 2:35	Triple Jump: 30'0"
1600m: 6:05	Discus: 90'0"
3200m: 13:10	Shot Put: 30'0"
100H: 18.5	
300H: 53.0	

AND

7. Volunteer at 2 RAAA meets, RAAA clinic, or middle school track meets this season. Please fill out the form found on the website and turn it in at least one week prior to the banquet.
8. Be in good standing with the coaches and teammates (attendance, attitude, effort, etc.)

MSHSL State Champions

1984, 2019, 2021, 2022

True Team State Champions

2019, 2021

True Team State Meet Appearances

1987, 2017, 2018, 2019, 2021, 2022, 2023, 2024

Section Champions

2016, 2017, 2018, 2019, 2021, 2022, 2023

Conference Champions

2019, 2021, 2022, 2023

Goals for this season:

1. Compete to the best of our ability at every meet.
2. Qualify for State True Team Meet
3. True Team State Championship
4. Win SSC Meet (Varsity and JV)
5. MSHSL State Championship

Parent Volunteers at Home Meets:

We can always use a helping hand at our home meets!

Areas in which we need help:

*raking the long/triple jump pits

*Pole Vault: moving standards, raising the standards, putting the bar back up

*High Jump: putting bar back up

*Hurdle Crew: getting the hurdles on and off the track for our 2 hurdle races, making sure they are the right height

*Concession Stands

Team Dinners

I would like to have 2 team dinners this season and we need your help! There is a link on the website for families to signup.

Thursday, March 13th 4:30pm

2nd Dinner TBD

RAAA or RMS Volunteer Hours:

*Every athlete is expected to volunteer at 2 RAAA/RMS meets or clinics this spring.

*Information will be sent to the athletes through Schoology.

*We want kids to have a good, positive experience in RAAA/middle school track and they really look up to high school athletes. Be a great role model!

Fundraising:

*We will be participating in the same fundraiser as last year where athletes will be asked to send out emails to ask for donations.

*This has been our most successful way of fundraising over the years.

*Our goal is to raise \$100 per athlete, which means between \$10,000-\$13,000.

What is the money used for?

Timing system, new record board, hurdles, uniforms, pits, along with basic needs(crossbars, batons, tape measures, poles, rakes, helmets, etc.)

Wish List/Necessities:

Uniforms (\$1500), poles (\$500-700 each), shots(\$50-200 each), discs (\$50-200 each), additional storage, rakes, tape measures, batons, etc.



Questions?