



Minnetonka Boys Track & Field

Minnetonka High School Track & Field
18301 Highway 7
Minnetonka, MN 55345
www.minnetonkaschools.org



Program Vision

To develop young men of high character competitive in the sport and in life.

Program Mission

The Minnetonka Boys Track and Field program seeks to build young men of character while performing at the highest competitive level. We represent the school and community of Minnetonka with great pride and gratitude for the opportunities gained through athletic competition. Each student-athlete will find value in their individual contributions to the team.

Program Goals

1. Have Fun
2. Compete at the highest level
3. Represent our school & program with pride
4. Grow from our experiences in competition
5. Contribute to our school and community

Five Core Values

Our five core values serve as a standard list of expectations for all stakeholders in the program. These characteristics set the structure for our team, and provide the framework and lens for our program.

Loyalty

We are loyal to our school, our team, and the program as a whole

Integrity

The decisions we make impact our individual performance and the success of our team

Trust

We trust in the training philosophy of our coaches and the commitment it requires

Accountability

We are accountable to ourselves, our coaches, teammates, and Minnetonka High School

Commitment

We are present in all phases of the training program throughout the season



Program Training Model

We will follow a progressive training plan that is focused on athletes peaking at the proper point during the season. Early season meets will be approached with the end in mind and may be used as training opportunities to evaluate athlete potential in multiple areas. Athletes will progress through three distinct training phases, each with an emphasis on skill development, core strength, power, flexibility, speed, and recovery. The final meets of the year include True Team, Conference, Sections & State Meets.





Online Registration

MHS spring sports registration is online only. To register go to: minnetonkaschools.org , click on **Activities** in the

menu bar:  then scroll down to High School Athletics and click on:

[REGISTER NOW FOR HIGH SCHOOL ACTIVITIES AND SPORTS](#)

or click on **Registration** under the Athletics options. Note the following

*required procedures with this online registration process:

1. If you have not previously registered for middle school or high school sports and/or clubs or enrichments where a fee payment was required, you will need to create a **NEW family login and password**. Once you have created one, the online registration will connect you to your middle and high school students for you to choose which student you wish to register. **NOTE: First time users will be asked to provide your student's 6-digit school ID# (noted as "Other ID" in Student Skyward). When asked if you have a Key, please choose the "I do not have a key" option.**
2. **SPORTS PHYSICALS.** All MSHSL sanctioned sports athletes are required to have a sports physical on file dated within 3 years that **must remain current throughout the sports season** they are participating in. ***If your student does not have a current sports physical on file with the MHS Activities Office, or it will expire during the season, you will not be able to register them for any MSHSL sports until a current one is on file.** To see what date is currently on file, go to your student's SSO | Student Skyward and under their Health Information choose "Physical" to see what date is on file.

***IMPORTANT:** If you are a **transfer student** or **foreign exchange student:** Prior to registering, you must first complete the respective form located under High School Files and Links located on the right hand side of the online registration homepage. If you are **requesting a scholarship:** Please read the information located under the payment box on the left hand side on how to register.

The MHS Activities Office is open Monday through Friday from 7:30 a.m. - 4:00 p.m. We are accepting online registrations only. If you are not able to register online at home, we have laptops available for your use in the MHS Activities Office.

Questions regarding registration? If you have difficulty creating your family log-in or registering, please click on the "Need Help?" option at the top of the registration homepage. There is also a "Contact Us" option if you have any registration questions for the Activities Office Staff.

STUDENTS CANNOT PRACTICE OR TRYOUT IF THEY ARE NOT CLEARED BY THE ACTIVITIES DEPARTMENT

PAC Meeting

A mandatory parent, athlete & coach (PAC) meeting will be held on Tuesday, March 12, 2024 at 6:00pm in the MHS Forum.

Season Information

Track season starts on Monday, March 11 and concludes on June 10th with the team banquet. Athletes that do not qualify for the state meet will be finished with the season at the end of May.

Practice Schedule

Practices will be held each day during the season on the campus of Minnetonka High School. Early season practices will be held in the Tonka Dome, as weather permits practice will be held outside. Athletes should be prepared for all weather conditions, as the past few springs have been unseasonably cold. Practice will run from approximately 3:15 to 5:00pm. Athletes in multiple events may practice past 5:00 on specific training days. Some Saturday morning practices will be held for varsity and JV competitors. Saturday practice usually starts at 9:00am.

Track Meets

Updated schedule will be posted on www.tonkatrack.org. Most Track meets will run from approximately 4:00-7:00pm. For larger meets, varsity athletes may be excused early from sixth hour, depending on travel time and the size of the scheduled meet.

Fundraising

Fundraising is the life blood of all not for profit programs. Athletes will be asked to participate in our annual Snap-Raise fundraiser at the start of the season. The contributions our athletes, families, and friends ensure quality equipment, staff, and opportunities for athletes. There is an extra push this year to raise money for a new track a few years down the road.

Everyone Participates

Everyone who joins the team will participate and add value to our program. However, not all will be varsity. To compete at the varsity level, athletes must be one of the top three individuals in an event or a member of the first relay team. Participation at each event is at the event coach's discretion. Many factors go into this decision, including attendance, effort, personal growth and potential impact. If athletes have a question about participation, they should discuss it with their event coach or head coach.

Transportation

Athletes are expected to take school provided transportation to and from meets, if available this year. There is a bus driver shortage which may require athletes to be responsible for their own transportation. It is expected that athletes will attend meets until they are final. If arrangements have been made with the head coach in advance, an athlete may be excused early. Athletes must inform the head coach at the meet of the plan to leave early and have a completed transportation form on file with the coach.

Practice Attendance

Athletes are expected to attend each scheduled practice. Missing practice will impact an athlete's ability to perform at the highest level and damages team chemistry. Absences need to be arranged beforehand with the head coach. Athletes that have excessive absences will be handled on an individual basis. Potential consequences may include limited competition, loss of varsity letter, or non-refunded dismissal from the team.

Schedule

Updated meet and practice scheduling information will be available via the MHS Activities calendar website www.lakeconference.org or at www.tonkatrack.org.

Uniforms

There is a \$100 uniform DEPOSIT before uniforms will be issued. Checks should be made out to MTFCCA. Checks will be shredded or returned. In competition, athletes must wear a school approved uniform or will not be allowed to participate. Gear worn under the uniform may be used at the athlete's discretion but is not provided. Any under uniform clothing must be black in color.

An opportunity for athletes to order team apparel such as warm-ups and practice gear will be provided at extra cost.

A good pair of running shoes for training is **ESSENTIAL !** It is the single most important piece of equipment for track athletes. A large percentage of leg injuries can be at least partially if not completely be attributed to shoes that are worn, fit poorly, or simply inferior shoes. We highly recommend purchasing shoes from a reputable running store.

The following stores will give Minnetonka athletes a discount:

The Lakes Running Co: 20% discount

218 Water Street
Excelsior, MN 55331
(952) 470-5444

Gear West: 20% discount

1786 Wayzata Blvd
Long Lake, MN 55356
(952) 473-0377

Run N Fun: 15% discount

868 Randolph Avenue
St. Paul, MN
(651) 290-2747

TC Running: 20% discount

6405 City W Parkway B5
Eden Prairie MN 55344
(952) 944-7386

Lettering

Provided that attitude and attendance are satisfactory, a letter will be awarded to each individual who achieves:

1. Competes as a varsity performer (one of top three performers in an individual event or member of a varsity relay team) in at least three meets. Or.

2. Athlete achieves the set standard in the following event(s) listed below:

| | | | | | |
|-------|--------|-------|------|-------|--------|
| 100m | 11.7 | 200m | 23.7 | 400m | 54.0 |
| 800m | 2:10 | 1600m | 4:55 | 3200m | 10:40 |
| 110HH | 16.5 | 300IH | 43.0 | LJ | 19' 3" |
| TJ | 39' 3" | HJ | 5'8" | PV | 10'0" |
| Shot | 40' | Disc | 120' | Or. | |

3. A senior who does not qualify in any other category and who has contributed effort and commitment to Minnetonka Track and Field.

4. Coach's discretion.

- I. **Attitude**- the coaches will determine if the athlete's attitude is satisfactory based on the following: An athlete is automatically disqualified from earning a letter if that athlete at any time during the season is declared ineligible due to academic, harassment or chemical/possession violations.

- II. **Attendance** – Attendance is crucial to an athlete's success therefore, we have a strict attendance policy.
 - Athlete must arrive on time to practices and meets
 - Athlete will schedule work commitments around practices and meets
 - Athlete may lose varsity letter or may be removed from the team if he has excessive absences
 - Athlete will clear all absences from practices/meets with coaches *in advance* if possible
 - Athlete is committed to attending practices/meets and to working hard while there

For further information about MHS Boys Track, contact:

Head Coach: James Finch – james.finch@minnetonkaschools.org. (c)(701) 367-3576

Or check these web sites:

www.tonkatrack.org

minnetonka.trackcentral.net (click fan page for options)
