



Prior Lake High School Girls Track & Field Team Handbook

Prior Lake-Savage Area School District Co-Curricular Activities Mission Statement:

"The mission of the Prior Lake-Savage Area School District Co-Curricular Activities Program is to provide, develop and support sports and activities that strive for excellence and maintain high standards while enhancing mental, physical and emotional growth for all who participate and lead the program."

Prior Lake High School Girls Track and Field Mission Statement:

"The Prior Lake High School Girls Track and Field Program is committed to developing a tradition of excellence both on and off the playing field. This is a program that will set high standards of effort, participation, teamwork, and sportsmanship, in order to guide our student-athletes into becoming confident young women, who exhibit the "That's LAKER" performance and character traits. This program will work with other athletic programs within the high school, school district, and community to help all of our student athletes reach their maximum potential. Developing hard-working athletes, with mental toughness, and technical precision will help lead this program into experiencing success as a whole team."

MEET OUR STAFF

2024 GIRLS TRACK COACHES



Jummy Barlass

*Head Coach
Sprints/Relays*



Joe Bollinger

Mid-Distance/High Jump



Kiersten Nelson

Shot Put/Discus



Sandrine Lemercier

Distance



Nic Seiler

Sprints/Hurdles



Megan Head

Long/Triple Jump



Kevin Baas

Pole Vault



Lyndie Schmitz

Pole Vault

Not Pictured:

Victoria Ranua
Mark Ohlmann

Distance - Volunteer Assistant
Hurdles - Volunteer Assistant

Practice

Daily Practice Schedule:

- Our season starts on Monday, March 13th and goes until June 10th. Athletes not competing in our section meet (May 31-June 2) will be done following our conference meet (May 23-24) unless asked to stay by their event coach.
- Practice will start at 3:20pm and be over by 5:30pm every Monday through Friday.
- There *may* be occasional Saturday practices scheduled for certain training groups. (TBA)

Practice Format: (Times and length of sessions may vary day to day)

- **3:20 – 3:30** Team meeting/daily announcements
- **3:30 – 3:45** Team warm-up and drills
- **3:45 – 4:15** Workout session #1
- **4:15 – 4:45** Workout session #2
- **4:45 – 5:15** Workout session #3

Workout Sessions

On most practice days each athlete will participate in two - three workout sessions broken down as follows:

Session #1 = Running / Conditioning Workout

Session #2 = Technique

Examples: Field Event Work, Starts, Relays, Etc.

Session #3 = Strength

Examples: Weights, Core Work, Plyometrics

We will always begin practice at 3:20, but note that our end time will vary per athlete depending on her event(s), and type of workout for that day. Practice could end as early as 4:30 and as late as 5:30.

Practice Expectations:

- All athletes are expected to be at practice everyday.
- All athletes are expected to be on time.
- All athletes are responsible for checking the schoology page.
 - The schoology page will tell them what the workout is for the day
 - What event coach each athlete should report to
 - What, if any, equipment is needed (Example: spikes, implements, batons, etc.).
- All athletes are expected to have appropriate clothing / equipment for the day.
- All athletes are expected to complete each session of the practice day.
- All athletes should plan on being at practice until all sessions are complete.
- All athletes should check out with a coach before leaving for the day.

Attendance at Practice: Athletes are expected to be at practice everyday, unless there is an Excused Absence. In that case, athletes **MUST** fill out the 'Excused Absence Form' online.

Examples of Excused Absences

- Athlete is absent from school due to illness.
- Athlete has an unexpected personal or family emergency.
- Athlete is involved in another school related event, and has informed her event coach.

- Athlete is receiving school related help, and has informed her event coach.
- Athlete has other personal business to attend to and has informed her event coach.
- Athlete will be out of town for college visit, family vacation, etc. and has informed her event coach

Examples of Unexcused Absences

- Skipping Practice.
- Not completing all sessions of practice.
- Attending another commitment without talking with the head coach and/or event coach.
- Being asked to leave practice for any reason.
- Being late for practice on a consistent basis.

Athletes who miss practice will lose the opportunity to compete in meets.

Track Meets

JV vs. Varsity:

There are no official tryouts for Track and Field, everyone who comes out for the team will earn a spot. Also, Track and Field does not separate a JV and Varsity team like many team sports do. Though there may be differences among groups of athletes, we are one team who meets and practices together. Athletes may compete in both Varsity/JV meets throughout the season.

Varsity Meets

We have track meets that are varsity only. Such events limit the number of entries per school. Only the top athletes (typically top 3 per event) will compete at those meets.

Unlimited Entry Meets

We also have meets that are unlimited in regards to entries. Everyone who is healthy, at practice, and eligible can and will compete in these meets.

Multiple Meets in a Week

There are several weeks during the season when we have more than one track meet on the schedule. Very rarely do we have an athlete compete more than once or twice per week. Athletes will be notified which meet(s) they will be competing in a couple days prior. Our goal is to have every athlete, who is healthy and eligible, compete in one meet per week as the schedule allows. Athletes are expected to compete in every event as assigned by the coaches.

Track Meet Responsibilities:

Before the Meet

- Athletes will be dismissed from school 10-15 minutes before the bus departs. Dismissal times and bus departure times will be communicated prior to the meet.
- Throwers and Pole Vaulters will be responsible for getting your implements to the meet and back home again (**get implements ready the day before**).
- The Seniors/Captains will be responsible for getting the first aid kit, ice, and tent to the meet and back home again.
- The Coaches will be responsible for getting batons, measuring tapes, and any other items to the meet and back home again.
- The bus will leave on time for all meets. **Do not be late.**

- On the bus, coaches will take attendance and make any announcements. Athletes using alternate transportation to the meet must have a waiver filled out & signed by a parent.

At the Meet:

When we arrive at the school, all athletes should do the following in this order.

1. As a team, find a place for camp, and help set up tent (No more than 15 minutes)
2. Get yourself oriented with the facility (Example – where field event areas are, check-in areas, start line, finish line, restrooms, etc.)
3. If you are in a field event, check in at the event and make any appropriate marks, then begin warming up.
4. Warm-up:
 - All competitors should be up and moving 60 minutes before the start of your event, and begin your specific warm up 45 minutes prior to your event. If there is no time schedule, check with your event coach as to when you should begin warming up. Athletes are responsible for properly warming up.
5. Check-in: Make sure to check in for your event at first call.
6. Be early for your event.
7. After your event, cool down, even if you have another event later on.
8. You should warm-up and cool down for every event.

Track Meet Expectations:

- All athletes will be prepared.
- All athletes will ride the bus to and from all track meets. (Exceptions do apply)
- All athletes will wear a Prior Lake Track and Field issued uniform.
- All athletes will be responsible for their own uniform and personal items.
- All athletes will warm up and cool down appropriately.
- All athletes will complete all of her events unless injured or approved by a coach.
- All athletes will check in with their event coach at the completion of her event.
- All athletes will respect officials, facilities, and follow meet rules.
- All athletes will remain positive and encourage/cheer on their teammates.
- All athletes will conduct themselves with class, and portray good sportsmanship.

Track Meet Attendance:

Home Meets

- All athletes, competing or not, are expected to attend the entire meet.
 - Athletes who are not competing will be asked to help out in various capacities at the meet. (Example: working at a field event, recording times, hurdle crew, etc.)

Away Meets

- All competitors and alternates listed on the lineup are expected to be at away track meets.
- Any athlete who is not competing, or listed as an alternate, does not have to go to the meet. If an athlete does not go to a meet, she must attend practice or if there is no scheduled practice, complete the posted workout.

If an athlete needs to leave early from a meet, they must have a signed waiver that is handed to a coach before the bus leaves. If an athlete is going to miss a track meet for any reason (except due to injury), they must inform the head coach and their event coach two weeks prior to the meet. An athlete who misses a meet without an accepted excuse will miss the next meet.

ATHLETE EXPECTATIONS

Academics

We expect all Girls PL Track & Field athletes in the program to represent themselves with class in all school related activities, attend and be on time to class, maintain good academic standards in accordance with PLHS academic policy, and make their education a priority at all times.

Community / Social Media

Athletes will be expected to show support for PLHS during the season and throughout the year by attending other school events and supporting other athletes within the program at meets. Athletes are expected to keep any online discussions and communication positive in nature. Assume that everything you post on social media accounts can be read by staff, opposing teams, coaches, alumni and future employers.

Captains

Captains will be selected each season. Athletes interested in becoming a captain will be required to submit an application form online. Coaches will have ultimate say when it comes to selecting captains. Captains season expectations and responsibilities can be found on the application form.

That's LAKER

As a Prior Lake High School Athlete we hold all athletes to the same standard and will make reference to the "That's LAKER" motto throughout the season. This is a great way to encourage sport specific performance progress, as well as, increase overall positive character traits.



LETTERING POLICY

Any athlete will receive a varsity letter if they achieve any one of the following criteria:

1. Score a minimum of 10 points in **varsity track meets** throughout the season.
2. Place individually, or on a relay at any of the following track meets:
 - Conference meet
 - Section individual meet
 - State individual meet
3. Achieve the lettering standard in an open event two times at any track meet during the season.
4. Any senior athlete who **completes** their third, fourth, or fifth year.

- An athlete must complete the season to receive her letter.
- The coaching staff reserves the right to award a letter to anyone who does not achieve one of the previous guidelines. Athletes who demonstrate an excellent attitude, a high amount of dedication, and an outstanding amount of effort may earn a letter.

TRACK MEET SCORING CRITERIA

1. Meets that score *three places*:
 - first place = 5 points
 - second place = 3 points
 - third place = 1 point
2. Meets that score *four places*:
 - first place = 5 points
 - second place = 3 points
 - third place = 2 points
 - fourth place = 1 point
3. Meets that score *six places*:
 - first place = 10 points
 - second place = 8 points
 - third place = 6 points
 - fourth place = 4 points
 - fifth place = 2 points
 - sixth place = 1 point
4. Meets that score *eight places*:
 - first place = 10 points
 - second place = 8 points
 - third place = 6 points
 - fourth place = 5 points
 - fifth place = 4 points
 - sixth place = 3 points
 - seventh place = 2 points
 - eighth place = 1 point
5. Meets that score *nine places*:
 - first place = 12 points
 - second place = 10 points
 - third place = 8 points
 - fourth place = 6 points
 - fifth place = 5 points
 - sixth place = 4 points
 - seventh place = 3 points
 - eighth place = 2 points
 - ninth place = 1 points

LETTERING STANDARDS

EVENT	TIME/DISTANCE
Long Jump	15'6"
Triple Jump	32'0"
Pole Vault	9'0"
High Jump	5'0"
Shot Put	32'0"
Discus	100'0"
100 M	13.30
100 M Hurdles	17.50
200 M	27.50
300 M Hurdles	51.00
400 M	62.00
800 M	2:27.00
1600 M	5:25.00
3200 M	12:15.00

****ALL LETTERING TIMES MUST BE OFFICIAL MEET RESULTS.**

****RELAY SPLITS DO NOT COUNT.**

Other Expectations

Middle School Meets/Home Meets:

- Every season Prior Lake High School hosts at least one middle school meet. All athletes will be required to attend and help officiate.
- Athletes who are not competing will also be required to help officiate any other home meets that we host.

Spring Break:

Spring Break falls during the first month of our Track and Field season every year.

- All athletes who are going to be in town are expected to attend scheduled practices.
- All athletes who are out of town are expected to check schoology for posted workouts to complete while on vacation.

Athletic Trainer/Injuries:

An athlete is expected to inform the coaching staff of an injury, then check in with the athletic trainer before the start of a practice. If an athlete gets injured during practice, she should inform her coach, and then follow any and all instructions. There is a Certified Athletic Trainer at the high school until 4:00 every day. If you need to see the trainer, you must do so before/after practice or meets. You are still expected to attend practice and meets even if you are injured. You must be cleared by BOTH your doctor and the athletic trainer before you are allowed to practice again. This includes physical injuries and concussions.

Chemical Violations:

Prior Lake Girls Track & Field will be in accordance with Prior Lake High School policies regarding substance use when dealing with any violations. Athletes are expected to be chemical free. A zero tolerance policy is in place on this issue.

Dress Code:

All athletes are expected to dress appropriately to practices and meets. In order to foster a culture of connectedness, athletes are asked to wear PL gear whenever possible. For meets, South Suburban Conference rules apply to uniforms. Dressing for all types of weather is an important aspect in Track & Field. Make sure you are prepared. Proper running shoes are required, and it is recommended that athletes have spikes for racing/competing in their specific events.

Fundraiser:

There may be a fundraiser before or during the season that athletes/families of athletes are expected to help with. Our Booster/LABC Representative will be in charge of leading any and all fundraiser events.

Parent/Fan Expectations:

In order to make for a successful season, we ask parents/fans to always be positive and encourage all athletes competing in order to help promote good sportsmanship, strong work ethic, commitment, responsibility, respect, and positive self image. If issues arise, parents should use the proper lines of communication throughout the season: parent→ athlete→ event coach→ head coach→ activities director. It is the athlete's job to advocate for themselves. There is a 24 hour no contact rule that will be enforced.

Health & Safety Procedures

Practice & Meet Expectations

- No shared water bottles
- Daily screening/sickness check- if you are sick, STAY HOME
- Notify your event coach if you are sick. Complete the Excused Absence Form

General Health & Safety

- Please notify your event coach/head coach if you are experiencing symptoms related to or are exposed to someone who has tested positive for COVID

LINKS & RESOURCES

PL Girls Track & Field Website

- [http://www.plhsactivities.org/page/show/1602960-girls-track-and-field-girls-track-](http://www.plhsactivities.org/page/show/1602960-girls-track-and-field-girls-track)
- General announcements and information
- Link to Google Calendar (can sync with devices)

Schoology Page

- Access Code: V6S9-PJP2-H9WNW
- Program and Team-specific updates for athletes and coaches
- The COURSE page is different from the Group Page. Only those athletes officially registered for Girls Track will be added to the Schoology Course page.

Athletic.net

- [Prior Lake High School - Track and Field Outdoor 2024 \(athletic.net\)](#)
- Keeps track of athletes' times and meet results, season records and rankings

SportsEngine

- App that connects you to team members/parents through chat feature
- Can sync the schedule with your device

Twitter/Instagram

- @GirlsPLTF
- Updates & general team announcements regarding meet days, fundraisers, etc.

PL Activities Website

- <http://www.plhsactivities.org/>
- Activities related updates and registration links

South Suburban Conference Website

- http://www.southsuburbanconference.org/g5-bin/client.cgi?cwellOnly=1&G5statusflag=view&schoolname=&school_id=9&G5button=13&G5genie=184&vw_schoolyear=1&vw_agl=46-3-61
- Meet schedules and bus times
- Click "Subscribe" at the top right hand corner to receive reminder emails or messages regarding upcoming meets or schedule changes