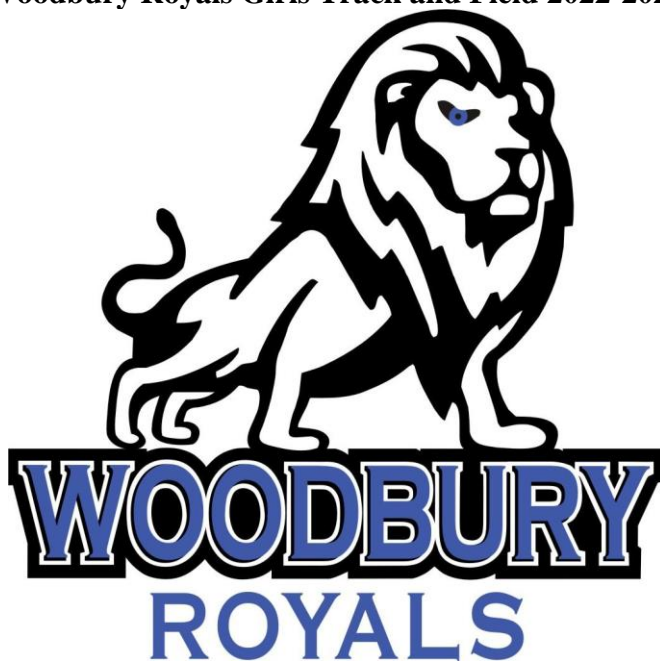


## Woodbury Royals Girls Track and Field 2022-2023



*"Interscholastic sports and fine arts activities promote citizenship and sportsmanship. They instill a sense of pride in a community, teach lifelong lessons of teamwork and self-discipline, and facilitate the physical and emotional development of our nation's youth.*

*-The National Federation of State High School Associations*

Congratulations on joining the Woodbury High School Girls' Track and Field program. Whether you are a returning Varsity-level competitor or brand new to Track and Field, we are very excited to have you as part of the team. With its diversity of events, Track and Field provides many opportunities to experience success.

We look forward to working with you to achieve your own personal goals and gain valuable experiences both on and off the track. As a coaching staff, we strive to improve the skill level of all athletes and assist in the development of each individual as a whole, in the realms of both academic and athletic performances.

Woodbury Track and Field team members are representatives of our school and community and are responsible for continuing the team tradition of exemplary conduct. Expectations are provided as a means to assist you to be successful. You are responsible for your actions and effort.

### **COACHING STAFF**

#### **Head Coach**

DJ Billingsley – Sprints / Hurdles

Email: daniel.j.billingsley@gmail.com

Phone: 651-955-6181

#### **Assistant Coaches**

Gary Diamond – Throws

Jeff Burkhart – Mid- /Long Distance

Tre Sayles – Sprints/ Jumps

David Crislip – Pole Vault

## **Woodbury Royals Girls Track and Field 2022-2023**

### **ATTENDANCE**

Attendance will be taken at every practice and meet. Attendance is directly related to the Varsity Letter awards. The times listed for practice are the starting times. Tardies will be marked on the attendance sheet. Any schedule changes will appear on the Lady Royals Track and Field website, announced at school, and communicated via the Remind101 Team Channel. The athlete must communicate with the coach BEFORE 3:30PM if they are going to be tardy for practice due to academic reasons. When joining practice, the athlete needs to provide the head coach with a signed pass from the teacher.

Athletes must also notify the head coach of any early dismissals. Early dismissals must be pre-arranged. All early dismissals require a signed note from the parent that includes:

- The date and time of the practice to be missed.
- The reason of the absence.
- Signature of the parent, doctor, or responsible adult.

If you are absent from school, you are NOT permitted to practice unless for medical reasons, which means you must have a signed medical note to practice. If you are suspended from school, you are not permitted to participate in any practice or meet until the suspension is fulfilled and you return to school. Also, if you are dismissed from class for poor behavior, you cannot practice that day.

**\*IMPORTANT NOTE\*** It is expected that students are in school the day before, the day of, and especially the day following a competition.

As noted earlier, attendance will be kept for ALL practices and meets. All absences and tardies will be kept on file. Three (3) tardies will constitute one (1) absence from practice. An excessive amount of absences may result in dismissal from the team, at the head coach's discretion.

#### **Examples of Excused Absences:**

- Death of a family member or close friend
- Doctor appointment
- School-related functions (To an extent)
- Religious functions
- Any feeling of illness (COVID precautionary - communicate with Head Coach prior to 3:30PM)

**NOTE:** It is not the intent of the coaching staff to make athletes miss necessary appointments. However, we must ensure all athletes are held accountable and to the same standard. Track and Field is a Varsity sport which the student will represent her family, school, and community. We as a coaching staff believe good attendance is vital.

Athletes must not only attend meets to compete, but also to support their teammates through the entirety of the meet (through the conclusion of the 4x400m Relay). Athletes are still permitted to leave early for a valid reason that has been pre-arranged with Coach DJ the day BEFORE the meet. Special consideration will NOT be given for other sport competitions (that not school sponsored), work, music lessons (not school sponsored), etc. Emergencies will be considered on a case-by-case basis. Remember, emergencies are considered that because they rarely happen.

Everybody who is part of the Woodbury Track and Field team needs to understand the importance of commitment and dedication not only for yourself but also for your teammates. *We, the coaching staff,*

## **Woodbury Royals Girls Track and Field 2022-2023**

*GREATLY appreciate your support for the tremendous tradition and continued pride in Woodbury Track and Field.*

### **BEHAVIOR**

Any inappropriate behavior will not be tolerated. All athletes must be accepting and courteous toward all coaches, parents, and peers. It is the responsibility of the athletes on the team to inform the coaches of any inappropriate behavior. Nobody can ignore such behavior! Athletes can be suspended from the team for inappropriate behavior. Length of the suspension will be the coach's discretion.

**\*IMPORTANT NOTE\*** Each incident will be handled on an individual basis and will not be subject to public discussion.

### **ELIGIBILITY**

Woodbury athletics follow the eligibility guidelines established by the MSHSL (MSHSL Bylaws Section 200.00). Academics are very important and all athletes need to do their absolute best in the classroom. Failing as a student will NOT be tolerated.

**Reminder:** Ineligible students may practice but may not dress for an athletic event or travel with the team to an away athletic contest. As noted earlier, students who are suspended from school may not practice, dress, or travel with the team.

### **EVENT SELECTION / PARTICIPATION**

All students are encouraged to participate in Track and Field. Track and Field is an excellent school sport because students have so many diverse opportunities to compete. The coaching staff has developed a schedule that will allow students ample competitive situations. The coaching staff has the final authority concerning meet participation and event selection. If you are not sure why you have been selected for a certain event, athletes are encouraged to ask the coach. Relay team and Conference/Section meet selections are made by the coaching staff.

The following criteria are used for event placement:

- Attendance
- Practice Performance
- Attitude
- Skill
- Sportsmanship

### **PRACTICE / SCHEDULE TIMES**

March 13<sup>th</sup> is the first day of practice. We practice Monday through Friday throughout the season. Practice is from 3:30PM to 5:30PM. We will practice in ALL types of weather conditions. Plan accordingly and, most importantly, *dress appropriately* for the conditions.

Practice is essential to the success as an athlete. We only want dedicated athletes who work hard in practice. Without quality practice, there will be no success at the meets. Athletes should only dress in appropriate athletic gear for practice. Athletes should remove all jewelry for practice since this is a MSHSL rule for all meets and competitions. Get into the habit at practice so no penalties are incurred during meets!

## **Woodbury Royals Girls Track and Field 2022-2023**

**\*IMPORTANT NOTE\*** Those athletes who do have a job outside of school, it is advised NOT to get scheduled to work until 6:00PM at the EARLIEST. Leaving practice for work will be considered an unexcused absence.

### **TRAVEL**

ISD 833 will provide transportation to all athletes for away meets.

Important guidelines are as follows:

- The coaching staff and the bus driver will monitor behavior on the bus. No inappropriate behavior will be tolerated on the bus at any time.
- Athletes must be on the bus before the scheduled departure time. We will not wait. Departure times will be announced at practice the day before the schedule meet.
- Athletes will clean up their area at the conclusion of all meets and practices.
- All athletes will return with the team unless they have been approved to leave with a parent. Athletes may only leave with their parent or guardian. A signed note must be given to the head coach. **THIS SHOULD BE ARRANGED THE DAY BEFORE THE MEET.**

### **EQUIPMENT**

All athletes will be issued a uniform top. A deposit check in the amount of \$50 will be collected from every athlete prior to receiving a uniform. The deposit check will be returned to athlete at the end of the season when the uniform top is returned to the coaching staff. Any lost, damaged, or unreturned equipment will result in the **forfeiture** of deposit check.

Athletes should purchase their own uniform bottoms. Uniform bottoms must be solid black and can be either running shorts or spandex, both of which must be an appropriate length. Athletes should also purchase shoes for training, and if they desire, appropriate spikes for competition. There are event-specific spikes. Please ask a coach or sale-clerk if you have any questions regarding Track and Field footwear.

Additional Track and Field clothing will be available to be purchased at the beginning of the season.

**\*IMPORTANT NOTE\*** Uniforms **MUST** be turned in at the conclusion of the season. If you do not return your equipment, you/your family will be forfeit the deposit.

## Woodbury Royals Girls Track and Field 2022-2023

### MEET INFORMATION

When attending a track meet, it is important to be prepared for Minnesota weather. During the course of a meet, weather can change dramatically.

It is vital that athletes have the following with them during a competition:

- Uniform, training shoes, competition spikes, and any other equipment needed for a competition.
- Proper warm-ups and extra clothing (for rain and low temperatures)
- Facial Mask or other Facial Covering when not competing (Optional)
- Plenty of water for hydration before/after competition
- HEALTHY snacks for energy and nourishment before/after competition.

### COMPETITION ORDER OF EVENTS

Most meets will use the following as an events schedule for our competitions:

#### **Running Events (Girls, followed by Boys)<sup>1</sup>**

3200M Relay (4 x 800M)  
100M/110M Hurdles  
100M Open  
800M Relay (4 x 200M)  
1600M Run  
400M Relay (4 x 100M)  
400M Open  
300M Hurdles  
800M Open  
200M Open  
3200M Run  
1600M Relay (4 x 400M)

#### **Field Events (Changes Often)<sup>2</sup>**

Pole Vault (Girls/Boys)  
High Jump (Boys/Girls)  
Discus (Girls/Boys)  
Shot Put (Boys/Girls)  
Triple Jump (Girls/Boys)  
Long Jump (Boys/Girls)

- 1 Competitions will follow either a strict time schedule (Conference, Section, and State) or will follow a “rolling” time schedule meaning one event will begin immediately following the completion of the previous event.
- 2 Field events order/procedures may change from meet to meet.

## Woodbury Royals Girls Track and Field 2022-2023

### LETTER REQUIREMENTS

Upon completion of the Track and Field season, an athlete may receive a Woodbury High School Athletic letter. To be awarded a letter, the athlete must fulfill a volunteer event sponsored by the team and *at least* one of the following:

- 1) Score a minimum of 18 points in Varsity competition
- 2) Achieve an Event Standard (see below) on two (2) different occasions.
- 3) Be a Senior and have participated in Track and Field for three (3) years.
- 4) Participate in at least one (1) Team Booster Activities (Fundraiser Day, Culver Spirit Days, etc)

### **EVENT STANDARDS\* FOR ATHLETIC LETTER**

(\* Event Standards based on • MN Track & Field Honor Roll Standards)

100M HURDLES	16.6
300M HURDLES	49.0
100M DASH	12.7
200M DASH	26.5
400M DASH	61.5
800M RUN	2:24.0
1600M RUN	5:22.0
3200M RUN	11:54.0
POLE VAULT	9'0"
LONG JUMP	16'0"
TRIPLE JUMP	33'4"
HIGH JUMP	5'0"
SHOT PUT	34'6"
DISCUS	107'6"
4 x 100M RELAY	52.5
4 x 200M RELAY	1:50.5
4 x 400M RELAY	4:15.0
4 x 800M RELAY	10:10.0

#### **How points are accumulated:**

- Points are gained in **Varsity Meets**.
- Meets with Standard scoring will receive the points earned. Relays will receive 25% of the points earned by the team.
- Meets with True Team scoring will receive 30% of the total points earned.
- Points will be earned attending optional practices. (0.5 points per optional practice)
- Points earned working Conference, Section, and other meets. (0.5 points per meet)

Note: A letter may also be awarded at the coach's discretion.

**Woodbury Royals Girls Track and Field 2022-2023**  
**2023 LADY ROYALS SCHEDULE**

<b><u>DATE</u></b>	<b><u>TIME</u></b>	<b><u>MEET</u></b>	<b><u>TEAM</u></b>	<b><u>LOCATION</u></b>
March 13 <sup>th</sup>	3:30PM	Practice Begins	ALL	WHS Field House
April 1 <sup>st</sup>	10:00AM	MSU HS Showcase	Varsity	MSU-Mankato
April 4 <sup>th</sup>	4:00PM	White Bear Lake Indoor	ALL	WBL HS
April 11 <sup>th</sup>	3:30PM	Conference Relays	ALL	Roseville HS
April 18 <sup>th</sup>	3:45PM	Mounds View Open	ALL	Mounds View HS
April 21 <sup>st</sup>	3:30PM	Border Battle	ALL	River Falls HS
April 25 <sup>th</sup>	3:30PM	Wildcat Invitational	Varsity	Eagan HS
April 27 <sup>th</sup>	3:30PM	Tom Moore Invitational	ALL	Woodbury HS
April 28 <sup>th</sup>	3:45PM	Hamline Elite Meet	QUALIFY*	Hamline University
April 29 <sup>th</sup>	10:00AM	White Bear Lake Invite	Varsity	WBL HS
May 2 <sup>nd</sup>	3:45PM	WBL JV	JV	WBL HS
May 5 <sup>th</sup>	3:45PM	Wayzata Relays	Varsity	Wayzata HS
May 9 <sup>th</sup>	3:30PM	True Team Sections	Varsity	Eagan HS
May 11 <sup>th</sup>	3:30PM	Roseville JV	JV	Roseville HS
May 16 <sup>th</sup>	3:45PM	JV SEC Conference	JV	Mounds View HS
May 19 <sup>th</sup>	4:00PM	True Team State	QUALIFY*	Stillwater HS
May 23 <sup>rd</sup>	3:45PM	SEC Conference Prelims	Varsity	Forest Lake HS
May 25 <sup>th</sup>	3:45PM	SEC Conference Finals	Varsity	Forest Lake HS
May 30 <sup>th</sup>	3:00PM	Section 4AAA Prelims	Varsity	Stillwater HS
June 1 <sup>st</sup>	3:00PM	Section 4AAA Finals	Varsity	Stillwater HS
June 2 <sup>nd</sup>	3:30PM	Equipment Cleanup	ALL	Woodbury HS
June 9 <sup>th</sup>	9:00AM	MSHSL State Prelims	QUALIFY*	STMA HS
June 10 <sup>th</sup>	9:00AM	MSHSL State Finals	QUALIFY*	STMA HS