

 2022 Track & Field

 BSM Red Knights

**Head Girls Coach: Alana Profit** **aprofit@bsmschool.org**

**Head Boys Coach: Casey Hanson** **chanson@bsmschool.org**

**Assistant Coaches: Joe Creer, Thomas Gorilla, Megan Hansen, Casey Hanson, Will Ola, Alana Profit, Brooke Stanley, Annie White**

**Coaches Goals – Help everyone improve to be the best they can be on and off the track.**

 **Create an atmosphere of communication and accountability.**

 **Teamwork making the dream work (give back)**

**Team goals – Simple: work hard every day and improve each meet. Each day is a gift!**

**Important season information: *Please mark your calendars of meets and important dates***

 ***which can be found here:***

<https://www.bsmredknights.org/schedule/team_instance/7121184?subseason=796503>

**\*\*\*\*\* Practice will be held M-F from 2:45 - 5:00 please be present and on time. (Communicate) *Practice/meet dates and letter requirements can be found here under important information links:***

<https://www.bsmredknights.org/page/show/5443886?subseason=658907&tab=content>

**A $30 T&F fee will be billed to tuition. This covers cookouts, banquet, & program tee-shirt.**

A program Tee will be provided for all athletes on the T&F team.

 Optional team apparel can be ordered and must be completed by **March 6th:**

Captains recommend - the sweatshirt and sweatpants = track suit

https://benildetrack2022.itemorder.com/shop/sale/

**\*\*\*\*\* Pack your gear**

* **Appropriate workout gear for weather (sweats, shorts, hats, mittens, coats, t-shirts, long sleeve shirts, extra pair of socks)**
* **Track shoes**
* **Lock for locker**
* **Healthy snack to refuel body after workout**
* **A positive mental attitude**

**BSM Track & Field Lettering Policy**

**The requirements for a varsity track and field letter at BSM are as follows:**

**1. The student-athlete must score 1 varsity letter point.**

**This means placing in the top 8 in an invitational (True Team, Conferences, Sections, etc…) Note: Relays count for ¼ individual pts.**

**2. The student-athlete is expected to be at ALL practices and meets, unless excused by the Head Coach, personally, at least 1 full school day ahead, except in the case of emergency.**

**3. The student-athlete is expected to ride the bus with the team before and after each meet unless excused by Head Coach, personally. When in doubt, cheer on your team!!**

**4. The student-athlete is expected to listen to and follow directions of the coaching staff while at practice and meets.**

**5. The student-athlete is expected to follow all MSHSL guidelines, BSM academic and athletic rules & Track & Field rules.**

**6. The student-athlete is expected to turn-in their uniform immediately following the completion of their season.**

**7. The student–athlete is a senior who has given at least two years to the program.**

**8. The student-athlete is expected to work at one junior high or junior varsity event.**

 **LET’S HAVE A GREAT SEASON!!!**

BSM Girl’s Track & Field Records (As of 4-12-2021)

* Event Participant(s) Record Year
* 100 Mary Winter 12.2 1999
* 200 LaShauna Porter-Wrzos 25.42 2015
* 400 Mary Winter 57.7 1999
* 800 Mae Fullerton 2:14.27 2016
* 1600 Mae Fullerton 4:56.34 2015
* 3200 Mae Fullerton 11:12.4 2016
* 100 HH Lindsay Oman 15.39 2002
* 300 LH Lindsay Oman 46.03 2000
* Shot Alana Profit 36’ .75” 2009
* Discus Alana Profit 121’ 6” 2009
* HJ Madison Johnson 5’ 9”(2nd State meet)2019
* LJ Lindsay Meier 16’ 11 ¼” 1996
* TJ Anna Lervick 35’ 4 ¼ ” 2021
* PV Beth Jeub 9’ 0” 1999
* Amy Perrine 9’ 0”
* 400 Relay L. Porter-Wrzos :50.22 2013
* P. Warren
* J. Maddaus
* A. Arnason
* 800 Relay C. Puckett 1:45.85 2007
* S. Kenzie
* H. Horner
* C. Ruane
* 1600 Relay K. Schommer 3:56.32 2000
* N. Krueger
* L. Oman
* M. Winter
* 3200 Relay Amanda Kautzer 9:47.77 2015
* Tracy Renier
* Lauren McDonnell
* Mae Fullerton

BSM Boy’s Track & Field Records (As of 2-19-2020)

Event Participant(s) Record Year

100 Jeff Tarnowski 10.9 1994

200 Jalen Floyd 22.39 2015

400 Nick Schneider 49.6 2001

800 Nick Schneider 1:54.7 2001

1600 Nick Schneider 4:06.6 2000

3200 Nick Schneider 8:53.0 2000

100 HH Sean Lumpkin 14.7 1988

300 LH Sean Lumpkin 38.6 1988

Shot Eric Wilson 57’ 4 1/2” 2017

Discus Eric Wilson 165’ 5” 2017

HJ Trevor Yedoni 7’ 0” 2011

LJ Trevor Yedoni 23’ 0” 2011

TJ Thristen Andrew 46’ .5” 1998

PV Jim Dalsin 13’ 1” 1972

400 Relay 44.25 1998

800 Relay 1:32.2 1975

1600 Relay 3:25.4 1975

3200 Relay 8:00.6 1975