



2023 Wayzata Boys' Track and Field: Preseason Information

1. 2023 Coaches:

Head Coach (Hurdles and sprints): A. Berndt (C-418), Sprints and sprint relays: M Smith, Sprints: T. Trimberger (C-320)
Distance: M. Popp (c-314); Distance: B. Heebink(A-103), Mid-Distance and Distance relays: E. Jahn, Throws: S. Porter (C-116),
Throws: B. Froehling (A-244), Jumps: S. Geisen, Jumps: C. DeBoer (A-344), Pole Vault: E. Clifton, M. Versaiggi (vault)

2) 2023 Captains:

David Nelson, Charlie Tomczak, Hamza Mohamed, Andrew Westermeyer, Max Williams.

3) Practices/Season Starting Date

Track season begins Monday, March 13th. Practice will always begin at 3:30 PM with team stretching and warm-up. Depending on the time of year and what events you are training for, some members of the team will end practice at different times. Plan on most days ending between 5:00 and 5:30. If you are a 9th/10th grader who needs to ride the late bus make sure you event coach knows ahead of time.

We don't cancel practice if it is snowing or raining. If there is inclement weather we will have practice indoors. Always plan on having practice. Boys' Track & Field is a Wayzata Varsity sport. It is not an intramural activity. Wayzata Track & Field has a proud history full of both individual and TEAM State Champions. You will be required to continue and enjoy this tradition. You are expected to give your complete commitment to adding to this tradition. If you have other plans, please do not register for Wayzata Boys' Track and Field.

Registration must be done prior to the first day of practice. Any late registration must have the approval of Head Coach Berndt.

4) Spring Break practices

It is the policy of Wayzata Track and field that if you are in town over break you are to be at practice. Spring Break schedules are posted on www.WayzataTrack.org. If you are not going to be in town over break you are excused from practice provided you have been in contact with your event coaches. You need to notify your coaches (preferable by writing) when you will be gone. There are workouts for you to bring with you in order for you to keep your fitness while you are traveling. Do not let your athletic ability decrease because of travels.

5) Registration Information

In our effort to go to a paperless office, WHS offers registration for high school athletics online. We encourage you to use online registration to reduce paper, data entry, and process your payment in a quick and efficient manner.

1. Go to the Wayzata High School Website (<http://www.wayzataschools.org/whs>) and click on the Registration link on the main page

2. Follow the steps listed on the welcome screen.

a. You must have a current sports qualifying physical exam on file in the Activities Office. **Physical must be dated after 6/15/2020 for the 2022-23 school year.** If you complete steps b and c without a current physical on file, **you will not be registered.**

b. Click on Eligibility Form in the school store. Fill out and submit the form to the Activities Office once per school year.

c. Click on the appropriate sport link on the web page and make your payment online.

3. Eligibility Form needs to be turned in only once per school year. If you register "in person" for a winter or spring sport and already played a fall sport, you will only need to turn in your fee. If you register "online" you will need to make your payment at the school store.

4. Information packets for each sport will be available prior to the start of each season online at

<http://www.wayzataschools.org/athletics/register/team-packets>

6) Attendance

You are expected to be at practice every day unless you are sick or not in school. You are required to let a coach know as soon as possible of illness. If an unauthorized absence occurs you will not compete in the next competition and risk losing your varsity letter. Multiple unexcused absences will result in removal from the team.

This is not an intramural team or work out club. If you have other commitments that interfere with practice or meets, do not register for the team. .

Two unexcused absences may result in removal from the team.

7) District Behavior Regulations:

Students shall not possess, purchase, sell, distribute, or be under the influence of alcohol, tobacco, or any other illicit drug including look-alike drugs and drug paraphernalia.

This includes any illegal behavior, gross misconduct, racial harassment/violence, religious harassment/violence, sexual harassment/violence, and hazing.

Students must serve a consequence in each category in which they participate – MSHSL, Wayzata High School Intramurals, Activities, and Fine Arts.

8) Important Names and Numbers

Wayzata Athletic Office

(763) 745-6621

Chris Thein/Matt Jordan – Athletic Trainers

(763) 745-6781

Bill Waite – Equipment Manager

(763) 745-6823

Mark Elias – Counselor (NCAA rules)

(763) 745-6635

9) Transportation

First Student Bus Company will transport the teams to away meets. Bus will normally leave at 2:40pm for all away meets during the week, unless otherwise noted. Tournament departure time on the Saturdays will vary. Student-athletes will need to find their own transportation to and from practices, scrimmages, and home meets. There may be occasions when buses are not available and parents and/or student-athletes will be asked to drive. If possible, coaches will give parents 24 hours notice if buses will not be available.

10) Websites:

Wayzata Boys' Track & Field: www.WayzataTrack.org
Boys' Track & Field Twitter: @WayzataTrack
WHS Athletics: <http://www.wayzataschools.org/athletics>
Lake Conference: www.lakeconference.org
WHS Athletics Twitter: @wayzatatrojans
WHS boosters: <http://www.wayzataboosters.org>

11) Meet Schedules and/or Directions to Meets

www.lakeconference.org

It is strongly recommended that you join this free service. It will send you an email or text every time a meet is rescheduled or cancelled.

Full meet lineups with meet schedules will be posted on <http://www.wayzata.k12.mn.us/domain/2491> when available. Results for all meets will be posted on the same webpage shortly after each meet.

12) Wayzata Athletic Booster Fundraisers

All students are expected to participate in the fundraising opportunities for our team. Families are encouraged to join the boosters. The Wayzata Boosters have been instrumental in the success of the entire athletic department. If your family has not yet joined the boosters have them access the booster webpage at <http://wayzataboosters.org/> for registration information. Athletic passes gained from membership are valid for athletic contests next fall.

Fundraised money is used directly to enhance the student-athlete experience as a member of the Wayzata High School Track & Field Program.

Fundraising projects organized by the Wayzata Athletic Boosters are the only projects that may take place.

13) Lockers

Use your locker to lock up your possessions during practice--money, jewelry, calculators, clothes, books, etc. There have been problems in the past with items being stolen that have not been locked up. You may receive a locker prior to the start of practice. **Lockers will be handed out Wednesday and Thursday, March 8th and 9th at the equipment room window.** You must be registered in order to check out a lock. All other equipment (warm-ups and uniforms) will be issued on Friday, March 17th and/or Friday March 24th after school after the Wayzata Time Trials and/or St Thomas indoor meet. Failure to get a lock and locker prior to the season will cause you to not have a locker on the first day of practice. This is essential you get this done before the season starts.

14) Work out gear: shoes and clothing...

Everyone needs the appropriate shoes for track and field. The correct running shoes for your feet and running style are essential to a good season. It would also be wise to shop for racing spikes at this time while the selection is best. People who will be training outside(most of you) will need running pants and/or lined wind pants, sweatshirt, long sleeve t-shirt, wind jacket, raingear, hat/headband, gloves/mittens for practice every day, most likely until May. You may also want to have shorts and a t-shirt available for times we are in the weight room for part of practice. **Get organized and keep these things locked up in your locker in the athletic locker room!** If you aren't dressed appropriately for a practice that will take place outside, you will not be allowed to practice, and it will count as an unexcused absence.

Many people will purchase competition spikes/shoes. Talk with your event coaches for advise on what kinds of competition shoes to get. Many specialty running stores are the best places for advise on which shoes to buy.

15) Discounts

Some stores offer discounts to team members...Gear West in Long Lake, TC Running in Eden Prairie and Maple Grove; Marathon Sports in Edina to name a few. The people who work at these stores are knowledgeable about the type of shoes for your feet/running style.

16) Other responsibilities of ALL team members

- Each member will be required to volunteer for an extra assignment (the irony of that is understood) during the season. This year we have many hours we have signed up for as a team for AAU basketball tournaments. These volunteer hours have helped pay for many of the "extras" our team enjoys. Examples of these extra funds have included recording devices, team websites, apparel, preseason and post-season meetings/awards.
- You have two goals at a Track & Field Meet; your individual success as well as TEAM success. You are to be in support of all team members as well as respect the competition area. Once your competition is competed for a meet you are expected to remain in support of your teammates. We have worked hard to limit the length of our meets out of respect for your academic success. The majority of our meets are single gender and one or two other teams with the exception of varsity invitationals. The ultimate TEAM honor is to stand on the award stand to receive a TEAM honor based on individual accomplishments.

17) Team Success

We have built a strong tradition over the past few years including eight Minnesota Team championships to go with six State True Team as well as many Individual State Champions and All- State Athletes. Our success as a team depends on how hard each person is willing to work! Encourage anyone that you know to come out for the team if you think they might do well in track--people that are quick, strong, jump high, have good endurance, etc. There are events in track and field for everyone and it can be a great way to cross train for another sport and help our team at the same time.

Track and Field is unique in that it is both individual and a team sport. There are many meets we stress to do well as a TEAM. Traditionally we have done very well in the MSHSL State meet, the Lake Conference meet, the State True Team meet. As a TEAM we were TEAM 2013, 2014, 2015, 2016, 2017 and 2018 Minnesota State True TEAM Meet champions with last year the team being runners-up. Also, for the 14th year in a row, the 2022 team finished in the top ten at the MN State TEAM Championships. Not to mention the 9th/10th grade Lake Conference Championships, which we won again last year. It is important to cheer on your teammates and recognize their labors they have put in to the sport but raise the team up and we will all gain. We expect all team members to stay and support the rest of their track team until the conclusion of the meet.

18) Parent/Athlete Season Kickoff Meeting

There will be a meeting for all track parents and athletes on Thursday, March 17th at 6:00 hosted online. Please inform your parents and put this on your calendar. There will more information about this coming the first week of practice with the online link for parents.

19) Equipment Issuing Date:

Athletes will be issued a lock, uniform top and bottom and warm-up top and bottom. Athletes will have the chance to buy additional spirit wear but it is not required to do so. Athletes who wish to wear blue compressions shorts for competition must buy matching team compression shorts. Order forms will be handed out during the preseason meeting. Athletes who have a chance to compete in varsity will be required to purchase compression shorts. Any athletes who this will be a financial hardship for need to see Coach Berndt before the season begins. **Any athletes wishing to wear compression shorts must wear the shorts that are ordered through the Track and Field program.**

Use your locker to lock up your possessions during practice--money, jewelry, calculators, clothes, books, etc. There have been problems in the past with items being stolen that have not been locked up. You may receive a locker prior to the start of practice. **Again, lockers will be handed out on Wednesday and Thursday, March 8th and 9th at the equipment room window after school.** You must be registered in order to check out a lock. All other equipment (warm-ups and uniforms) will be issued on Friday, March 15th after school before the Wayzata Time Trials. Failure to get a lock and locker prior to the season will cause you to not have a locker on the first day of practice. This is essential that you get this done before the season starts. **YOU MUST BE REGISTERED TO CHECK OUT A LOCK.**

20) Picture Date:

Thursday, April 20 at 3:30 PM in the Stadium

21) Banquet Picnic

We will have a program wide celebration toward the end of the season on Saturday June 3rd at 12:00 noon.. All post season awards and acknowledgements will be announced. The picnic will take place at the high school in the cafeteria

22) Lettering Criteria:

- a. Score twelve points for the season, -or-
- b. Earn an individual place in the Conference or Section Meet. -or-
- c. Achieve the following standard in one of your events:

High Hurdles 16.2	100 Meters 11.6	1600 Meters 4:45.0	400 Meters 53.9
Discus Throw 130'1	300 Int. Hurdle 42.5	800 Meters 2:05.0	200 Meters 23.8
Shot Put 45'0	3200 Meters 10:20.0	High Jump 5'9	Long Jump 19'0
Triple Jump 39'0	Pole Vault 11'0		

23) Team Placement for Athletes:

Generally, the top three in each event will compete in varsity. Relays are selected based on individual results and ability to play a role on a relay. It is possible to compete in a varsity race in one event and JV in another. The ability to compete in both varsity and JV depends on the meet, the event, or circumstance of the events. Many of our varsity and JV races/events take place during the same meet.

24) Policies:

- a. All boys will be required to ride to and from the meets with the transportation provided by the school. Only in exceptional instances will students be allowed to leave early and then only with their parents driving and after having obtained prior approval from Coach Berndt.
- b. A boy will be allowed one unexcused absence from practice (but this may cost him his letter). Upon the second unexcused absence the athlete will be removed from the team unless Coach Berndt judges there to be exceptional circumstances. If an unauthorized absence occurs you will not compete in the next competition and risk losing your varsity letter. Multiple unexcused absences will result in removal from the team.
- c. Athletes must be supportive of others on the team, even when their events are completed. Make sure that you are a positive team influence at all times.
- d. Be aware of the schedule and be on time for bus departures.
- e. Frisbees, boom boxes, and other evil distractions are not allowed at meets or practices. Shirts advertising alcoholic beverages or other inappropriate activities are forbidden.
- f. Failure to abide by the policies listed above can result in loss of letter and removal from the team.

Attendance- You are required to be at practice every day unless you are ill or have been excused by your event coach for an extenuating circumstance. If you have to miss, you are expected to make alternate workout arrangements with your event coach or you will have to miss or the next meet. Continual absences for any reason will lead to dismissal from the team. If you need to come to practice late for academic reasons you need to bring a note from your teacher to give to your event coach.

Dismissal -You may forfeit your letter if you have an unexcused absence from a practice or a meet. Excessive absences will result in dismissal from the team.

25) Where to meet on the first day, March 13th:

Change for practice and be in the gym by 3:30. We may be in the back gyms depending on the results of the basketball playoff success. We will have warm-ups followed by a team meeting and practice. Throwers and pole vaulters will most likely practice inside. Everyone else should bring gear for outside. There will be signs posted in the locker room as to the exact meeting place on March 13.



Be Responsible....Get Registered....Be Dedicated.... Trojan Pride!!!!

For Wayzata Track & Field TEAM updates: www.wayzatatrack.org

