

2019 Longfellow Track and Field Information

Head Coaches – Jon Morschhauser – jmorschh@lacrossesd.org
Jesse Mossholder - jmosshol@lacrossesd.org

Assistant Coaches – Cody Harris, Hunter Clark, Sam Anderson

Practice Schedule – We practice every day after school unless otherwise announced. Practice starts at 3:05 and runs until 4:30 or 5:00. We will start and end all practices at Longfellow. Unless inclement weather or conflicting meets, we will practice at the Central track. Please pick up your athlete from Longfellow.

Equipment – Each athlete should come to practice with a pair of running shoes, athletic shorts, and a T-shirt. We practice outside whenever possible so athletic pants, a sweatshirt, and hat and gloves are also necessary. Jerseys are provided, but must be returned at the end of the season.

Meets – We have busses that take athletes to and from each meet except Central meets where we walk up to the track as a group. Information will be sent home prior to the meet day. If an athlete plans to ride home with a parent/guardian, the appropriate sign-out form must be filled out. Only parents/guardians may take a student from a meet.

6th graders - In the past, due to limited resources and constraints, 6th graders were only able to compete in meets at Central. Depending on the number of students who come out for the Longfellow track team, the available resources, and the amount of participants from other schools in a meet, 6th graders may or may not go to more than just the Central meets. They will be participating in the Central meets no matter what.

Communication – There are a few methods of communication between athletes and home.

1. Verbal – Many announcements are made during practice. It is the responsibility of the athlete to relay that information home.
2. REMIND – Remind is a program that allows parents/guardians to receive occasional texts from the coaching staff. This is a great way to be notified about meet cancellations or time changes. To activate, go to https://www.remind.com/join/jmossh?utm_medium=ios
3. Emails to both students and parents.
4. Paper handouts given at practice with meet information and a list of who is in which events.

2019 Longfellow Track and Field Important Dates

March 6 – Track athlete meeting after school in small gym

March 18 – 1st day of practice

April 9 – Picture Day - 3:00pm

April 18, 19, and 22 – No practice – No School - Spring Break

May 10 - No practice - Early release

Meet Schedule

Monday, April 8 4:00 Sparta High School

Friday, April 12th 4:30 Cashton High School (7th and 8th grade only)

Monday, April 15 4:30 Central Track - Longfellow Meet (6th grade included for sure)

Tuesday, April 23 4:15 West Salem High School Track

Tuesday, April 30 4:00 Central High School - Lincoln Meet (6th grade included for sure)

Monday, May 6 4:00 Onalaska High School (most likely those not going to Viroqua or Cashton)

Tuesday, May 7 4:15 Viroqua Invite - Viroqua High School (not everyone goes)

Saturday, May 11 10:00am Cashton Invite - Cashton High School (not everyone goes)

Monday, May 13 4:15 Westby High School

Saturday, May 18 10:00am Conference Meet - Logan High School (not everyone)

A quick summary of the different events at a track meet.

Sprints

The 100 meter dash is the shortest distance you can run at our meets; it's an all-out sprint from the gun to the finish line. 100 meter runners are lightning fast and have raw strength and speed. This event is run on the straightaway of the track. **All** athletes will use starting blocks in this event.

The 200 meter dash is similar to the 100 meter, but twice the distance. A good 200 meter runner is blazing fast, but also has the endurance to hold onto that speed for the entire half lap. **All** athletes will use starting blocks in this event.

Mid-distance

The 400 meter dash is arguably one of the toughest events in track and field. This event requires a combination of speed, and strength. It's too short for an athlete to settle into a pace, but too long to go full-out for the whole lap. This one lap race is guaranteed to push you to your limit and is run by both sprinters and distance runners. It is the favorite race by many past and present Longfellow runners.

Distance

The 800 meter run is a two lap race and one of the few races where athletes don't stay in their assigned lanes throughout the race. Athletes in this event need to be smart as well as have a very good understanding of their bodies' limits.

The 1600 meter run is referred to as the metric mile. Athletes run an exhausting four full laps around the track. This event will test you mentally as well as physically. Knowing when to pass, when to tuck, and when to initiate your final kick are all questions a strong miler will know how to answer.

Hurdles

It's easy to spot a hurdler; they're the ones with the wild look in their eyes and the scraped up knees and forearms. The hurdles come in two styles: the 100 meter hurdles and the 200 meter hurdles. Both events require extreme speed and blazing confidence.

Relays

The relay events are always fan favorites. Four athletes team up with a goal of advancing a baton around the track as quickly as they can. The relay events are the 800 meter relay (often called the 4x2), the 400 meter relay (often called the 4x1), and the 1600 meter relay (often called the 4x4). Longfellow is notorious for dominating relay races.

Field Events

The long jump is the least technical of all the field events, but it's far from easy. Athletes will run full speed and launch themselves into a sand pit. Judges will record the athletes' furthest jump.

The triple jump is the most unique and foreign of the field events. In fact, I'm not even going to try to explain it here. Look it up on online first, then we'll talk.

The high jump is different from the long and triple in that athletes are tested on their ability to jump high rather than far. A bar is placed horizontally and athletes take a curved running approach and attempt to jump over it without knocking it down. The catch is that the bar gets higher after each completion! Technique is paramount in this event.

Shot put and discus throw are the two events for our athletes with some serious upper-body strength. Athletes will heave an object (a heavy ball called a shot or a heavy frisbee called a discus) into a ring. The best throw will be recorded by a field judge.

Scoring

Each meet will have slightly different scoring rules, but the general premise will remain the same. The top places in each event will earn points to be added to their team score. At the end of the meet, the team with the highest score is declared the winner.

Longfellow Track and Field Contract

The Longfellow Middle School Track Team has had a longstanding tradition of hard work and dedication. When you sign the bottom of this sheet, you are making a commitment to yourself and your team to continue until the end of the season. Parents who sign this are making a commitment to see that their child follows through with his/her commitment to stay with the team the entire season.

Basic Track Rules

1. Be dressed and ready to warm up by 3:05 each day.
2. No horse-play at practice.
3. Stay in your designated area at all times.
4. Always tell a coach where you are going if you have to leave practice early or have to leave the designated practice area
5. Never wander off a training route. Always stay on the sidewalks when traveling to the Central track.
6. Never use equipment unless supervised by a coach. Stay off all mats!
7. Inform coaches ahead of time of appointments or other commitments that will cause you to miss practice.
8. Do not be held after school for a disciplinary problem (detention). This will result in team disciplinary action.
9. Give 100% effort at each practice and meet!
10. **WIAA rules allow athletes to participate in two outside races/meets/contests which are not sanctioned by the WIAA.**

Individuals who do not behave appropriately or who do not have legitimate excuses for being absent from practice may be subject to, but not limited to, the following consequences:

1. Verbal warning
2. Loss of meet participation
3. Removal from team

Coaches will determine the severity of the consequences in relation to the offense committed. Coaches' decisions will be made after a comprehensive review of the offense is conducted. All decisions are final.

I understand the Longfellow Track Rules and Consequences, and I agree to them.

Athlete name _____ Athlete signature _____ Date _____

Parent/Guardian signature _____



Longfellow Track Sweatshirts

Longfellow Track Sweatshirts and shirts are available for purchase. This is not a part of our uniform and is **not required**. Checks should be made out to **Longfellow Middle School**.

Hooded Sweat Shirt - \$20 Black Sports Gray

T-Shirt - \$12 Black Sports Gray

Price includes NAME on back.

Adult size S M L XL

Name of track athlete _____

Name as it will appear on the back of the sweatshirt _____