

2023 Longfellow Track and Field

Head Coaches – Jon Morschhauser – jmorschh@lacrossesd.org
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Assistant Coaches – Haley Williams, Lila Planavski

Practice Schedule – We practice every day after school unless otherwise announced. Practice starts at 3:00 and runs until 4:30 (sometimes it may go until 5:00 - depending on the events each athlete is in). 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.

Pick up after practice - Students should be picked up in the back of Longfellow preferably along Redfield Street. Students will only be allowed in the gym area after practice and cannot go up to the hallways or out the front doors.

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 bringing athletic pants and a sweatshirt is a good idea depending on the weather. Jerseys are provided but must be returned at the end of the season. There is an option for buying a jersey. There will be more information about this the first week of practice.

Important Practice Dates:

Monday, March 27th - 3:00pm - 4:15pm

Tuesday, March 28th - 3:00pm - 4:15pm

Wednesday, March 29th - Start of Normal Practice Times 3:00pm to 4:30pm

Friday, April 7th - No practice due to Spring Break

Monday, April 10th - No practice due to Spring Break

Tuesday, April 11th - Optional Practice at Central at 3:00pm

Tuesday, April 13th - First meet at West Salem

Meets – For the Central meets, we walk up to the track as a team. For all other meets, a bus will be provided. Meets usually take three hours to complete. Once athletes are done with their events, they can leave - they do not have to stay until the end of the meet.

Information about the meets will be sent home prior to the day of the meet. If an athlete plans to ride home with a parent/guardian, the appropriate sign-out form must be filled out. Students cannot leave a meet unless they are signed out. This is mandatory because it is a safety issue. Only parents/guardians may take a student from a meet. If

a student leaves without being signed out, that athlete may not be able to compete in the next meet.

Meet Schedule (this may be subject to change)

Thursday, April 13th	West Salem Meet	4:00pm	West Salem High School
Tuesday, April 18th	Aquinas Meet	4:15pm	Central High School
Thursday, April 27th	Lincoln Meet	4:00pm	Logan High School
Thursday, May 4th	Logan Meet	4:00pm	Logan High School
Tuesday, May 9th	Sparta	4:30pm	Sparta High School
Saturday, May 12th	Cashton Invite	10:00am	Cashton High School Track
	<ul style="list-style-type: none">• Not all athletes go to the Cashton Invite - we can only have two participants in each event and one relay.		
Monday, May 15th	West Salem	4:30pm	West Salem High School
Friday, May 19th	Conference Meet	4:00pm	Central High School
	<ul style="list-style-type: none">• Not all athletes go to the Conference - we can only have about two participants in each event and one relay.		

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 athletes to relay that information home.
2. Emails to both students and parents.
3. Paper handouts given at practice with meet information and a list of who is in which events.

Basic Track Rules

1. Be dressed and ready to warm up by 3:00 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 could 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, 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.

- All track students are required to read, understand, and sign the Track Athlete Code of Conduct contract. The contract will be sent out soon.