

**Monarch Track & Field
Parent Meeting 2024**



Building Champions of Character On & Off the Track.

Questions?

Please stop us as we go. Others probably have your question as well!

Coaching Staff

Head Coaches

Coach Gray - shawn.gray@plcschools.org - Hurdles

Coach Pilakowski - joe.pilakowski@plcschools.org - Sprints

Assistant Coaches

Coach Kage- Discus

Coach Utter - Shot

Coach Braley - PV

Coach O'Dell - 1600/3200

Coach Hunke - 400/800

Coach Gass - TJ/LJ

Coach Smith - HJ

Coach Jarabe - Sprints





QR code to Meet Information

Team Website:

monarchtrack.weebly.com

We will also post information about meets and times of events on our website when we receive them. See QR code. On the homepage you will find a link to athletic.net. This is where we have all of the athletes' performances throughout their careers posted.

Tentative 2024 Season Schedule

We will post event times as we get them on the Team Website. All meets subject to change.

3/16 Varsity at College of Saint Mary's Invite

3/18 JV Meet at Bellevue East HS

3/21 Varsity at Doane Invite

3/29 Varsity at Bryan Invite

4/5 Varsity at Millard South Invite

4/9 JV Meet at Westside HS

4/11 Varsity at PLV South Invite at PLV Stadium

4/18 Varsity at Dennis Smith Invite at PLV Stadium

4/23 JV Meet at PLV Stadium

4/30-5/1 Varsity at Metro Championships at Burke

5/3 JV at Metro Championships at Bryan

5/7 Varsity at District Qualifier at TBD

5/15-5/16 State Track at Burke

Eligibility/Misconduct

Code of Conduct Violations

Category I Offense Suspensions:

1st Offense - 2 meet suspension

2nd Offense - Suspension through the rest of the semester. Season over.

Category II Offense Suspensions:

1st Offense - Suspension through the rest of the semester. Season over.

2nd Offense - One Calendar Year suspension

*See the PLHS handbook for a list of Category I/II suspensions.

We are subject to all the handbook guidelines.

Track Team Misconduct and Grade Policy

-Athletes found disrespecting fellow athletes, coaches, or officials may be subject to suspension at discretion of the coaching staff.

-Athletes found failing one or more classes will be subject to suspension from practices and/or meets until such grades are improved.

-Hazing, Juuling, Sexist or Racist comments - Zero Tolerance Policy.

These acts are not apart of being a Monarch, ever! Season over.

Practice/Meet Accountability

School Day Practices - Begin 3:35 Sharp in the South Gym.

Late - Event Coach's choice of punishment.

Skipping a practice

Skip 1 - Make up with Event Coach.

Skip 2 - Miss next meet.

Skip 3 - Team Dismissal.

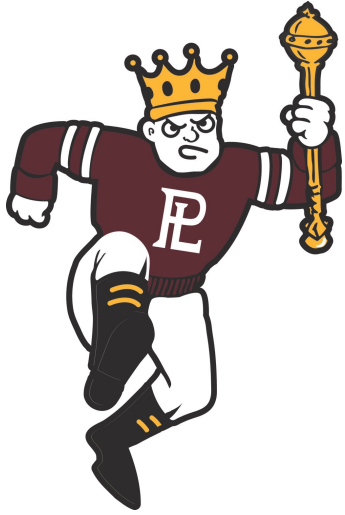


Being gone from practice/meet

Athletes need to talk to to their event coach AHEAD of time **OR parents may also email the event coach or head coach.** If you are well enough to come to school, you are well enough to come to practice. Having your friend tell us you will be gone will NEVER excuse you!

Non-School Day Practices

These practices will vary by event coach and if your athlete is on JV/Varsity. We will communicate with athletes and we will provide a practice schedule for Spring Break.



What events will an athlete do?

Athletes will be provided a number of opportunities to compete in a number of different events, especially at the **JV level** **where many meet entries are unlimited.**

Varsity Meet Policy -Varsity meets limit our number of entries usually to **3 per event**. We will take the best athletes regardless of age. The best marks qualify for varsity meets.

What to bring to practice and meets?

Practices

ALWAYS assume we are going outside, so have a pair of sweats and a sweatshirt handy.

BRING YOUR OWN WATER.

Meets

Bring more clothes than you think, something to drink, snacks, and your uniform!

Meet Conduct

- Respect your teammates, other athletes, and all adults.
- You will compete in ALL your events unless you get permission from your coach to not compete.
- Cheer on your teammates. Don't just hang out at the tent.
- Help pick up
- If you drive or are going home with a parent, check out with a coach.**
- Driving to a meet - More on this later**

Because our success as student-athletes is controlled much more by what happens outside of practice, we have developed a 22x7 philosophy.

22X7

Rights actions and decisions all the time

Student first. If we find an athlete struggling with grades, we will no hesitate to hold a student out of practices and/or meets until their grades are at an acceptable level.

Athletes Always. We as coaches control the 2 hours each day our athletes are with us. However, what we are is predetermined more by the 22 hours each day we are NOT at practice. Our choices and the habits we have in that 22 determine the other 2. For some that is eating correctly or sleeping more - to others that is making the right weekend decisions. Success comes from taking care of our 22x7!



Making it to State 2024

Athletes must qualify through the District Meet held in May. We may only enter the top 3 athletes in each event. Our athlete's best performances up to districts will compete at districts. Preference to compete at Districts will be given to the best performances throughout the year in our meets leading up to Districts. Our 3 best athletes in each event based upon those prior performances will compete at Districts.

State Meet Qualification at Districts

Individual Events - 24 Qualifiers to State

Top 4 places at our District Meet + next 8 times among all Districts

Relay Running Events - 16 Relay teams to State

Top 3 places at our District Meet + next 4 times among all Districts

Lettering Policy*

I. Mark Lettering

BOYS

100m - 11.95 FAT
200m - 23.95 FAT
400m - 54.95 FAT
800m - 2:15
1600m - 5:15
3200m - 11:15
110H/100H - 18.00 FAT
300H - 46.00 FAT
Long Jump - 19'
Triple Jump - 39'
High Jump - 5'10"
Shot Put - 40'
Discus - 105'
Pole Vault - 11'

GIRLS

12.70 FAT
27.00 FAT
1:03.00 FAT
2:40
6:15
13:00
16.50 FAT
50.00 FAT
14' 6"
33'
4' 10"
35'
95'
9'

2. **Medal Lettering** - medal Top 6 in varsity individual competition or Top 3 in a varsity relay event.

3. **Senior Lettering** - All seniors will letter.

*All lettering is subject to ending the season in good standing.

BOYS

60m - Kenzo Cotton 6.79
100m - Kenzo Cotton 10.41
200m - Kenzo Cotton 21.31
400m - Kenzo Cotton 47.66
800m - Cory Plugge 1:54.91
1600m - Marshall Anderson 4:21.74
3200m - Marshall Anderson 9:28.02
60mH - Nick Bartels 8.21
110H/100H - Jesse Malone 14.05
300H - Nick Bartels 38.13
400R - 2013 - 41.40
1600R - 2014 - 3:22.77
3200R - 1979 - 8:04.20
Long Jump - John Gibson 23' 8 1/4"
Triple Jump - John Gibson 49' 1"
High Jump - Randall Carter 7'4"
Shot Put - Alex Herman 59' 3.5"
Discus - Alex Herman 180' 8"
Pole Vault - Nathan Heldt 15'0"

GIRLS

Courtney Wallace 8.03
Tammy McGee - 11.90
Tammy McGee - 24.60
Jennifer Stovall - 56.31
Rachel Wade - 2:18.53
Erin Woolley - 5:03.30
Erin Woolley - 11:08.88
Nyarial Nyoak - 9.62
Jennifer Stovall - 14.67
Jennifer Stovall - 44.29
200I - 49.33
1998 - 3:58.66
1998 - 9:27.77
Ashley Cornett - 18' 8"
Ashley Cornett - 38' 6"
Norah Sis - 5' 8"
Abby Sunderman - 43' 2"
Jordan McDonald - 140' 8"
Lauren Welch - 12' 4.25"

Team Records



Athlete Meet Travel



We will provide transportation to and from (if necessary) meets throughout the season.

JV - All JV Meets will have busses to and from meets.

Varsity - We will NOT have busses for the CSM Meet (Saturday during SB) & Bryan Invite (Non-School Day). We will have transportation if needed to other meets. If you have a varsity athlete and are concerned about transport see a head coach.

Athlete Travel Waiver

Athletes may drive home or go home with another athlete who has driving permission ONLY if their parents have signed off on this permission with the Athletic Office and have notified a coach. There will be no exceptions to this rule.

We want to take our athlete home from a meet!

Athletes must let a coach know they are leaving before they take off with their parents at a meet. We encourage this!

Questions?