

2017

LINCOLN HIGH SCHOOL TRACK AND FIELD HANDBOOK



2016 BOYS AND GIRLS STATE CHAMPIONS

BOYS STATE CHAMPIONS: 1967, 1968, 1969, 1970, 1972, 1973, 1974, 1975, 1976, 1989, 2014, 2016

GIRLS STATE CHAMPIONS: 1974, 1975, 1976, 1987, 2016

Tradition:

Congratulations on being a member of the 2017 Patriot Track and Field program. Lincoln has a proud tradition of track and field excellence dating back to the 1960's. Any athlete wearing the Patriot uniform should look at it honor and privilege to represent Lincoln High School. Lincoln has won 12 Boys team titles and five Girls team titles in its rich history. We are traditionally the largest high school sports program in the state. In the past 10 years, the Patriots have sent 48 athletes to compete collegiately – 21 of them at the Division one level. We hope that each athlete through his or her hard work and dedication will continue this proud tradition of excellence for generations to come.

Philosophy:

The Lincoln High School Track program is committed to promoting overall athleticism and maximizing each athlete's full potential. In addition to being competitive at the highest levels in South Dakota, the Patriot track program will strive to create a team of multi-sport athletes who value hard work, mental toughness, discipline, competition, and team unity. Our team's culture will be one that is inclusive of all athletes, one in which athletes desire to be part of something bigger than themselves, and one in which athletes will have a belief in themselves that they can do something extraordinary. Every athlete on the team has a gift – our goal is to develop that gift to its maximum potential.

Communication:

- Please visit our team website at <http://jj104.k12.sd.us> for information about the season
- A detailed calendar for every event is on the team website
- Follow the track team on twitter @Patriot Track – receive live updates throughout the meets and information regarding cancellations of meets.
- Email Coach Jarovski at james.jarovski@k12.sd.us with any questions

Practice:

- We will practice every day from 3:35-5:30
- Every athlete is expected to be at practice each day. Communicate in advance if possible for any missed practices.
- Plan on going outside each day. Bring workout gear for both inside and outside.
- Each student needs shoes to workout in and spikes specific to their event
- Every athlete needs to have a physical and participation packet filled out before they can practice.
- In order to be eligible an athlete needs to have passed four classes the previous semester, be enrolled in four classes this semester, and follow the district guidelines on activity rules.

Coaches:

- Our coaches for the 2017 season are as follows: Jim Jarovski (Head Coach), Scott Embry (Middle Distance), Kaaren Huber (Hurdles), Eric Pooley (Distance), Eric Rice (Long and Triple Jump), Ken Doyle (Sprints), Brian Bechard (Discus), Dave Alpers (Shot), Steve Burckhalter (Middle Distance – Volunteer), Marshall Byrd (High Jump – Volunteer), Mateo Molifua (Strength – Volunteer), Brett Rayman (Pole Vault – Volunteer) Trey Naasz (Sprints – Volunteer)

Equipment:

- At practice come to work out in all conditions – bring your spikes each day
- Everyone will be provided a jersey and shorts to compete in for meets
- Athletes should have shoes specific to their event. If you have questions about the type of shoe email the individual coach of that event.
- At all meets, each athlete is expected to wear Patriot gear. We are representing Lincoln High School so dress appropriately
- School issued equipment is expected to be turned back in on time. Failure to do so will result in a replacement fine.
- Any undergarment worn under a jersey or shorts should be solid red.
- Patriot Track spirit wear can be ordered at our team store. Link to the store is:
<https://lhst17.itemorder.com/sale>

Fundraising:

- We will again be selling Patriot Discount ticket packages for \$20.00
- All money raised goes directly back to the program.
- Our goal is to raise \$12,000.00 each year.
- Money raised is used for team meals, equipment, T-shirts, volunteer coaches, and large items such as tents, and pole vault pads.
- This year we created our own fundraising cards. Thanks to the Heier's for their generosity in helping to defray the printing costs.
- Fundraising will begin the 3rd week of March and conclude the first week in April.

Booster Club:

- The booster club is instrumental in helping out our team each year – we would love for you to get involved!
- The booster club helps in organizing the banquet, providing snacks and drinks at all meets, and helping with volunteer coaches
- If you want to help talk to Sara Sudbeck or Sharla Auen for more details.

Meets:

- We have 17 meets scheduled for the season. – Meet dates and times do change based on weather – our schedule is located at
<https://jj104.k12.sd.us/Track%20Documents/17MeetSchedule.pdf>
- Entries for each meet will be online 2 days prior to the meet at
<https://jj104.k12.sd.us/ENTRIESRESULTS.htm>
 - Both a schedule of the events and spreadsheet are available
- Results will be posted within 24 hours after the completion of the meet at
<https://jj104.k12.sd.us/ENTRIESRESULTS.htm>
 - Both full meet results and team results will be posted.
- No athlete will compete at every meet. We have two teams a Varsity and JV team. Some athletes will compete on both teams for a variety of reasons.

- Please notify your coach at least one week ahead of time if you will not be able to make a meet.
- Every athlete must ride a bus to any meet outside of Sioux Falls.
- Meets in Sioux Falls we provide a one-way bus to the meet that they may ride if they want to.
- For any out of town meet, Athletes may sign out with a coach and ride home with a Parent only. This may be done at the meet or in advance through the office.

Home Meets:

- This year LHS will host two home meets (both at OG). We host the Greeno (5/12) Invitational and the Conference meet (4/28).
- Anyone interested in helping out with the meet such as timing, or helping at a field event is greatly appreciated. Contact Joey Struwe at joey.struwe@k12.sd.us if you are interested. Any help is greatly appreciated - and no experience is necessary.

Lettering:

- Varsity Lettering policy:
 - Complete the year in good standing and meet or exceed one of the following standards:
 - Compete in the South Dakota State Meet
 - Place in the top 6 in an open event or relay at the Metro Conference meet
 - Be a four year member of the track team
 - Coaches discretion.
 - All other athletes will be awarded a JV letter for successfully completing the season.

Schedule:

Complete schedule and Calendar can be found online at <https://jj104.k12.sd.us/trackandfield.htm>. The schedule includes times for dismissal from school, bus departure times and return times. Also available online is a season long calendar that includes practices, meets, and other dates throughout the season.

Patriot Records:

- All time Patriot Track and Field Records can be found at <https://jj104.k12.sd.us/RECORDS.htm>
- All time Patriot top ten performances can be found at <https://jj104.k12.sd.us/Track%20Documents/16LHStoptenposters.pdf> Special Thanks to Roger Sudbeck for all his work in creating this list.
- All time Patriot State Champions can be found at <https://jj104.k12.sd.us/Track%20Documents/LINCOLN%20PATRIOT%20BOYS%20TRACK%20STATE%20CHAMPS.pdf> for boys and <https://jj104.k12.sd.us/Track%20Documents/LINCOLN%20PATRIOT%20GIRLSS%20TRACK%20STATE%20CHAMPS.pdf> for girls
- 2017 State meet qualifiers can be found at: <http://www.sdhsaa.com/Athletics/BoysSports/TrackField/In-SeasonQualifying/CurrentQualifiers.aspx>