

PATRIOT TRACK & FIELD

A WINNING TRADITION

Patriots



Track & Field



JIM JAROVSKI – HEAD TRACK COACH

- **WEBSITE IS [HTTP://JJ104.K12.SD.US](http://JJ104.K12.SD.US)**
- **FOLLOW US ON TWITTER @ PATRIOTTRACK**
- **20 YEARS AT LHS (12 YEARS AS THE HEAD COACH)**
 - **COACH FOOTBALL (FRESHMAN HEAD COACH)**
 - **TEACH AP CHEMISTRY**

PATRIOT TRACK PROGRAM

- **AA SCHOOL (2000 + KIDS)**
- **14 COACHES – 9 PAID COACHES AND 5 VOLUNTEERS**
- **FULL TIME STRENGTH COACH**
- **STRONG TRADITION OF TRACK & CROSS COUNTRY**
- **TOTAL OF 21 STATE TRACK TEAM TITLES**
 - **RICH GREENO**
- **STRONG CROSS COUNTRY PROGRAM**
 - **ERIC POOLEY**



RECENT HISTORY

- **6 TEAM TITLES AND 13 TOP 3 FINISHES IN PAST DECADE**
- **58 STATE CHAMPIONS OVER THAT TIME**
 - **40 OPEN EVENTS AND 16 RELAY TITLES**
- **62 ATHLETES HAVE COMPETED IN COLLEGE**
 - **25 AT THE DIVISION ONE LEVEL**



RELATIONSHIPS

- **PHILOSOPHY** - EVERY ATHLETE ON THE TEAM HAS A GIFT – OUR GOAL IS TO DEVELOP THAT GIFT TO ITS MAXIMUM POTENTIAL. - PHILOSOPHY STATEMENT IS ON JJ104
- **DON'T BE A “PSYCHOPATH”**
- **FIND GREAT COACHES**
- **CULTURE – PROMOTE TRACK AND FIELD**
 - **BE POSITIVE**
 - **SMILE**
 - **WE DON'T CREATE CULTURE BY DOING THINGS**
- **FULL TEAM MEETINGS**
 - **RECOGNIZE ATHLETES FOR PR'S AND OUTSTANDING PERFORMANCES**
 - **PROMOTES UNITY AMONG DIFFERENT TRAINING GROUPS**



TRACK MEETS

- **JV MEETS**

- **ALL COACHES GO TO ALL MEETS**
- **SPEND TIME COACHING AS MUCH WITH THESE ATHLETES**
- **POST AND CELEBRATE THEIR RESULTS**

- **VARSITY MEETS**

- **EXPECT ALL COACHES TO BE AT WHOLE MEET**
- **IF WE WANT THE KIDS THERE WE SHOULD BE THERE**
- **OUR COACHES DON'T WORK OUR HOME MEETS**

COACHES



- **WANT THEM COACHING OTHER SPORTS**
- **GREAT COACHES – DON'T NEED TO BE “TRACK PEOPLE”**
- **TREAT THEM AS HEAD COACHES OF THEIR EVENTS**
 - **EXPERTS OF THEIR DISCIPLINE**
 - **GOAL IS TO BUILD THE BEST _____ PROGRAM IN THE STATE**
 - **MAKE DECISIONS ON WHAT WORKS BEST FOR EACH GROUP**

CALENDAR

- **OFF SEASON IS DEDICATED TO OTHER SPORTS**
 - **BE MULTI SPORT**
- **WINTER CONDITIONING FROM DECEMBER – FEBRUARY**
- **12 WEEK TRACK SEASON**
 - **START WITH PATRIOT COMBINE**
 - **EMPHASIZE QUALIFYING**
 - **TRAIN THROUGH MEETS**
 - **TEAM EMPHASIS FOR CONFERENCE AND STATE**

PATRIOT COMBINE

- **FIRST TWO DAYS OF PRACTICE**
- **10 TESTS**
 - **10 METER START FLYING 30 40 YD TIME PUSH UPS PULL UPS VERTICLE JUMP BROAD JUMP MED BALL THROW PRO AGILITY 600 M RUN**
- **AWARD ATHLETES AT BANQUET WITH SHIRTS**
- **COMPETITIVE AND FUN**
- **POST RESULTS FOR EVERY ATHLETE**
- **GIVES US AN IDEA OF WHERE ATHLETES ARE AT**



RECRUIT, RECRUIT, RECRUIT

- **GOAL IS TO GET EVERY ATHLETE IN SCHOOL OUT FOR TRACK**
- **GET TRACK COACHES AND OTHER COACHES ON BOARD WITH HELPING**
- **BE FLEXIBLE WITH SCHEDULE**

TRAINING GROUPS

- **BOYS AND GIRLS TOGETHER**
- **3 MAIN GROUPS**
 - **THROWERS (SHOT AND DISC)**
 - **DISTANCE (800 +)**
 - **SPRINT GROUP (100-400, HURDLES, JUMPERS)**





TOP TEN

PERFORMANCE LIST



- **SD ALL TIME TOP 10**
- **LHS ALL TIME TOP 10**
- **LHS FRESHMAN ALL TIME TOP 10**
- **COACHES ALL TIME TOP TEN**
- **TOP TEN SPRINTERS OF THE YEAR**
- **PATRIOT POWER TOP SCORES**
- **TOP PERFORMANCE LIST**



PAPERWORK

- HANDLED BY ME AND COACH EMBRY
 - SPLIT ONLINE ENTRIES
- ITINERARIES
 - PASSED OUT AT LEAST 2 DAYS BEFORE MEET
 - INCLUDES INFORMATION ABOUT DISMISSALL, RETURN TIME, ETC.
- RESULTS
 - POSTED NIGHT OF MEET
 - EVERY MEET REGARDLESS OF LEVEL

2017 SOUTH DAKOTA STATE MEET - BOYS									
FRIDAY MAY 26th @ BRANDON & SATURDAY MAY 27th @ HOWARD WOOD									
FIELD EVENTS					151 TEAM POINTS SD STATE CHAMPION				
FRIDAY					(Flight, Competitor)				
10:00 AM	DISCUS	Tyler H.	141' 10"	Grant T.	131' 4"				
10:00 AM	Long Jump	Eric L.	22' 2.5" 1st	Malik R.	20' 9.5" 8th	Hunter M.	19' 9.5"		
STATE CHAMP									
1:00 PM	Triple Jump	Malik R.	45' 9" 2nd	David B.	44' 1" 3rd	Leo K.	40' 9"		
SATURDAY									
9:00 AM	HIGH JUMP	Nathan P.	6' 6" 2nd	Damarcus	6' 2" 4th	Shariff R.	6' 0" 6th		
RUNNING EVENTS					ALL TIMES FAT				
FRIDAY					(Heat, Lane)				
10:45 AM	110 HH (Pre)	Wyatt V.	17.06	JD F.	17.14				
11:00 PM	4x800m RELAY	Sam E.	2:01.5	Jack E.	2:01.9	Bailey A.	2:04.9	Hen	
	TOTAL TIME		8:10.61 2nd						
11:30 PM	100m Dash (Pre)	Cole D.	11.28	Jerome S.	11.85	Colin B.	11.05		
12:15 PM	4x200m Relay(Pre)	Cole D.	23.3	Jacob B.	22.5	Tyson C.	22.6	Co	
	TOTAL TIME		1:29.96						
BREAK									
1:40 PM	4x100 Relay (Pre)	Cole D.		Malik R.		David B.		Co	
	TOTAL TIME		43.09						
2:00 PM	400m Dash (Pre)	Jacob B.	52.06	Isaac S.	52.63	Jackson F.	54.23		
2:30 PM	300IH (Pre)	Wyatt V.	42.72						
3:00 PM	Medley Relay (Pre)	Colin S.	23.2	Tiegan S.	22.9	Tyson C.	52.6	Jad	
	TOTAL TIME		3:42.30						
3:25 PM	800m Dash (FIN)	Gabe P.	1:57.31 2nd	Will H.	2:02.35	Sam E.	2:04.04		
3:50 PM	200m Dash (Pre)	Colin B.	22.37	Jymell N.	24.26	Cole D.	23.71		
4:25 PM	3200m Run	Gabe P.	9:36.26 1st	Henry K.	9:45.57 3rd	Jack E.	9:47.66 4th		
STATE CHAMP									
5:00 PM	4x400 Relay (Pre)	Colin S.	52.4	Tyson C.	52.8	Jacob B.	52.4	Jad	
	TOTAL TIME		3:30.50						
SATURDAY - ALL FINALS									
9:45 AM	110HH	Wyatt V.	DNQ	JD F.	DNQ				
10:10 AM	100m Dash	Cole D.	11.42 8th	Colin B.	10.90 1st	Jerome S.	DNQ		
STATE CHAMP									
10:40 AM	4x200 Relay	Cole D.	23.3	Malik R.	22.3	Jacob B.	22.1	Co	
	TOTAL TIME		1:29.45 1st						
STATE CHAMPS									
11:15 AM	1600m RUN	Gabe P.	4:19.72 1st	Henry K.	4:30.06 7th	Jack E.	4:28.44 5th		

\$20 2016 GIRLS AND BOYS STATE CHAMPS



LINCOLN HIGH SCHOOL TRACK AND FIELD 2017

LINCOLN HIGH SCHOOL TRACK DISCOUNT CARD OVER \$200 IN SAVINGS!

DATE	MEET	LOCATION	TIME
3/20/2017	Dan Lennon Invitational	USD	12:00 PM
3/25/2017	SDSU Indoor Invitational	Brookings	12:00 PM
4/4/2017	Harrisburg Invitational	Harrisburg	3:45 PM
4/6/2017	JV Metro @ O'Gorman	Roosevelt	4:00 PM
4/8/2017	Brandon Valley Invitational	Brandon	10:30 AM
4/13/2017	Corn Palace Relays	Mitchell	4:00 PM
4/18/2017	Brookings Quad	Brookings	3:30 PM
4/21/2017	Watoma Relays Watertown	Watertown	11:30
4/28/2017	METRO Conference Meet	O'G	3:00 PM
5/2/2017	Brookings Invitational	Brookings	3:30 PM
5/5/2017	O'Gorman Qualifier	O'G	9:00 AM
5/5-5/6 2017	Howard Wood Relays	HWF	4:00 PM Fri.
5/8/2017	Final JV METRO Meet	Roosevelt	3:30 PM
5/12/2017	Greeno City Meet (LHS Host)	O'G	3:00
5/18/2017	Last Chance Qualifying Meet	Harrisburg	4:00
5/22/2017	LHS TRACK BANQUET	LHS	6:00 PM
5/26/2017	STATE MEET	Varsity	10:00 AM
5/27/2017	STATE MEET	Varsity	9:00 AM



\$5 off a \$30 purchase or more
Not valid with any other offers. Valid in
Sioux Falls stores from 3/1/2017-3/1/2018



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Buy 2 entrees get an app for free
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Buy a meal & 2 drinks get the second
meal for free at the same or lesser value
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\$5 off a \$25 purchase or more



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\$5 off a \$25 purchase or more

FUNDRAISING!!!

- RAISE APPROXIMATELY 18000 A YEAR
- SELL DISCOUNT CARDS
- MAKE OUR OWN CARDS AS A PROGRAM
- ALL MONEY GOES BACK TO PROGRAM
 - T SHIRTS
 - TEAM MEALS
 - VOLUNTEER COACHES
 - AWARDS

SUMMARY

- **BE PASSIONATE**
- **LOVE EVERY ATHLETE – MAKE THEM FEEL IMPORTANT**
- **TRY TO GET EACH ATHLETE OUT**
- **BE POSITIVE ABOUT TRACK AND FIELD**
- **DON'T OVERCOACH AND OVER TRAIN**
- **MAKE IT ENJOYABLE**

QUESTIONS?

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