Fellas,
I'd like to welcome you back to an outstanding Track & Field squad. We have high expectations of dedication, work ethic, and positive results for all athletes in our Track & Field program. We can guarantee that if you make the commitment to listen and learn from the coaching staff that you will be a better athlete at the end of the season compared to when we start on March 9th.

Track & Field is a test of athletic purity. There are no mix-ups or excuses, your results speak for themselves. I strongly believe that the effort you put in through smart-training comes out making you a **quicker, faster, more powerful, longer and higher jumping athlete**. Obviously this can give you an advantage in sports outside of Track & Field. That is why many of the elite athletes in any sport have benefited from being part of a Track & Field team.

We have a very strong returning core and a very strong class of newcomers to JMM Track & Field. We will work together to build upon the history of our program and set our sites to the **highest levels** of competition for this year and beyond.

What we put in working together as a team will be what you get out as a member of the squad.

Get running, lifting,……..stay active. See you on March 9th. Get the checklist finished below before practice starts.

Coach Tangen
Head Coach (Sprints, Long Jump, Triple Jump, High Jump, Hurdles)
tangen@jmmtrackandfield.com 663-6260 Science Office

| | |
|---|---|
| Throws Coach: Joe Frontier | jfrontier@madison.k12.wi.us |
| Pole Vault Coach: Steve Guziewski | sguziewski@madison.k12.wi.us |
| Distance Coach: Casey Hopp | chopp@madison.k12.wi.us |
| Sprints Coach: Brett Wheeler | bwheeler@madison.k12.wi.us |


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## JMM Track & Field Pre-season Administrative Checklist

Make sure you have **all** of the following things done **before** the first practice on **March 9th**:

1. Signed Cautionary statement turned in to one of the coaches
2. Green Card (Physical Card) turned in to one of the coaches if **you have not** turned it in for a previous sport this year (usually freshmen or junior)
3. Yellow Card turned in to one of the coaches if **you have not** turned it in for a previous sport this year (usually sophomore or senior)
4. Orange Card (Insurance Card) turned in to one of the coaches if **you have not** turned it in for a previous sport this year (usually freshmen or junior)

Fee payment to athletic office: $115/sport (or maximum per family of $500/school year) will be collected by the end of the first week of practice in March. If you need a fee waiver just check in at the athletic office for the forms you need.

Come dressed and ready to go by 3:45pm on March 9th in the Fieldhouse

Name:_____.

Student I.D._____

Cell Phone Number: _____.

Home Phone Number: _____.

Use **excellent penmanship** so we get the correct information for your situation.

Parent/Guardian name(s):_____. _____.

List your class schedule and approximate grade(s) in all of your classes. (Estimate your grade to the best of your knowledge)

| Hour | Class | Teacher | Approximate Grade | Explanation/reason of poor grade (D or F) |
|---|---|---|---|---|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |

| Circle or check the box and complete the blanks. | | |
|---|---|---|
| Did you play a fall or winter sport? | Yes/No | What Sport(s)? |

| | |
|---|---|
| Where do you rank yourself in pure athletic ability compared to your teammates?<br><br>(You can look around the room; this is an individual question. Do not share this information with others at this time. You can talk trash about this later.) | Select only one:<br>☐ in the top 10% of athletes<br>☐ in the top 25% of athletes<br>☐ in the top 50% of athletes<br>☐ I am not more athletic than 50% of my teammates |
| Where do you think you rank in your toughness, desire, and dedication compared to the competitors you expect to compete against? | Select only one:<br>☐ in the top 10%<br>☐ in the top 25%<br>☐ in the top 50%<br>☐ I am not more dedicated than 50% of my competitors |

| | | |
|---|---|---|
| Do you expect to be a Varsity level Track & Field competitor this year? | Yes | No |
| Are you a leader? | Yes | No |
| Memorial Track & Field athletes are expected to be at their best in all aspects of their life. Are you willing to do what it takes to do your best and be a champion? | Yes | No |
| Do you have an attitude problem?<br>(examples: cocky, selfish, disrespectful, missing assignments, tardy to classes, school referrals) | Yes<br>See below | No |
| Honesty matters: your teachers tell us pretty much everything you do in class. If you answered yes to the above question explain your situation. (It is expected that everyone makes mistakes, but it is more important that you change your behavior so that you do not make the same mistake again.) | Explain your yes answer on the back of this sheet. | |

MADISONMEMORIAL
TRACK & FIELD

Circle the events you think are your strongest events.  You may circle more than one event group.

Horizontal Jumps  (Long Jump & Triple Jump)

Throws (Shot Put & Discus)

Pole Vault

High Jump

Hurdles (110m-300m)

Short Sprints (55m-200m)

Mid-Sprints  (400m-800m)

Distance (1600m-3200m)

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Do you have an attitude problem explanation:  (only fill out if you answered yes on the other side.)

# MADISON MEMORIAL TRACK & FIELD

Coach Tangen tangen@jmmtrackandfield.com 663-6260

# 2009 JMM Track & Field Schedule

## Indoor Season

| | | | |
|---|---|---|---|
| Saturday March 21 | Nelson Daniel Invitational | @ UW-Whitewater<br>10 am Kachel Fieldhouse | Varsity |
| Saturday March 28 | City Indoor | @ UW-Madison Shell 9am | Varsity |
| Saturday April 4 | Madison West Relays | @ UW-Madison Shell<br>Section B @10am / Section A @ 4:30pm | Varsity A & B |
| Saturday April 11 | Wisconsin TFA | @ UW-Whitewater<br>8:30 am Kachel Fieldhouse | Varsity |

## Outdoor Season

| | | | |
|---|---|---|---|
| Tuesday April 14 | Dual Meet vs LaFollette | @ LaFollette Lussier Stadium<br>Field 4:30pm / Running 4:45pm | JV & Varsity |
| Thursday April 16 | JV Invite Meet | Mansfield Stadium<br>Field 4:00pm / Running 4:15pm | JV meet |
| Tuesday April 21 | Dual Meet vs Verona | Mansfield Stadium (home meet)<br>Field 4:30pm / Running 4:45pm | JV & Varsity |
| Tuesday April 28 | Dual Meet vs Beloit | @ Beloit<br>Field 4:30pm / Running 4:45pm | JV & Varsity |
| Friday May 1 | Baraboo Relays | @ Baraboo<br>Field 4:00pm / Running 4:30pm | Varsity relay meet |
| Tuesday May 5 | Dual Meet vs Middleton | Mansfield Stadium (home meet)<br>Field 4:30pm / Running 4:45pm | JV & Varsity |
| Thursday May 7 | Frosh/Soph Invite | @ Waunakee HS<br>Field 4:30pm / Running 4:45pm | non-Var Frosh/Soph |
| Friday May 8 | Spartan Invite | Mansfield Stadium (home meet)<br>Field 5:00pm / Running 5:15pm | Varsity |

All team members expected to be in attendance to support the team and assist in setting up events

| | | | |
|---|---|---|---|
| Tuesday May 12 | City Meet | Mansfield Stadium<br>Field 4:30pm / Running 4:45pm | Varsity |
| Wednesday May 13 | JV City Meet | Mansfield Stadium<br>Field 4:30pm / Running 4:45pm | JV |
| Friday May 15 | Monona Grove Invite | @ Monona Grove HS<br>Field 4:00pm / Running 4:15pm | Varsity |
| Tuesday May 19 | Big Eight Championships | @ Middleton High School<br>Field 3:45pm / Running 4:00pm | Varsity |
| Wednesday May 20 | Frosh/Soph Big Eight | @ Janesville Parker-Monterey Stadium Field 3:45pm / Running 4:00pm | Frosh/Soph who did not score at the Big Eight Championships |
| Tuesday May 26 | WIAA Regional | @ Middleton | Varsity |

DeForest, Madison East, Madison La Follette, Madison Memorial, Madison West, Middleton, Monona Grove, Sauk Prairie, Waunakee
To qualify for the sectional meet in Division 1 you must be one of the top four finishers in your event at your regional.

| | | | |
|---|---|---|---|
| Friday May 29 | WIAA Sectionals | Mansfield Stadium (home meet) | Varsity |

DeForest, Madison East, Madison La Follette, Madison Memorial, Madison West, Middleton, Monona Grove, Sauk Prairie, Waunakee and Baraboo, Holmen, La Crosse Central, La Crosse Logan, Onalaska, Portage, Reedsburg Area, Sparta, Tomah To qualify for the state meet in Division 1 you must be one of the first three finishers in your event at your sectional or performances in sectionals rank among the eight best of all sectional performances, including their own sectional finishers.

| | | | |
|---|---|---|---|
| Fri-Sat June 5-6 | State Championships | @ UW-LaCrosse | Varsity |

Driving directions and any schedule changes are available on jmmtrackandfield.com

1st Practice is Monday March 9th. Practice Schedule for indoor practices: We will only practice indoors if the weather is inhospitable outside. Coaching staff will let you know. All outdoor practices will start @ 3:45 on the track. Below is a list of indoor practice times if the weather outside is not hospitable.
(March 9-13 → 3:45 – 7:10 Fieldhouse) (March 16-20 → 5:30 – 7:00) (March 23-27 → 7:00 – 8:30) (March 30-4/3 → 8:30 – 10:00) (April 6-13 → 11:00 – 1:00)

**Head Coach: Travis Tangen → tangen@jmmtrackandfield.com**
**Pole Vault Coach: Steve Guziewski → guziewski@madison.k12.wi.us**
**Sprints Coach: Brett Wheeler → bwheeler@madison.k12.wi.us**
**Throws Coach: Joe Frontier → jfrontier@madison.k12.wi.us**
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