



# Agate Pride...Agate Victory!!

## Two Harbors Varsity Track & Field- 2009

Welcome to the 2009 Varsity Track & Field Team!! The purpose of this newsletter is to provide you with important details regarding our early season practices and eligibility requirements. We are looking to build upon the successes of last spring. **Polar League Conference Results:** Boys and Girls were both 2<sup>nd</sup> (runner-up). **South Sub-Section Results:** Boys placed 2<sup>nd</sup> (runner-ups) and Girls placed 3<sup>rd</sup>. **Section 7A Results:** Boys placed 8<sup>th</sup> and Girls placed 5<sup>th</sup>...both out of 30 teams! One athlete, Ryan Guentzel, represented THHS at the MN State Track & Field Championship Meet at Hamline University in two events.

We are excited about the coaches we have assembled to work with our athletes. Each coach brings great enthusiasm and a high level of event knowledge to our program. We are looking to maintain our tradition of having over 100 athletes in our combined program. We need you to do your part by recruiting your friends and teammates from other sports to join our program. We have reached out to athletes in every sport and activity in our school, and invited student-athletes of all abilities to join our mission. There is a place for everyone on our team!

We are pleased to announce that we will be hosting four meets (3 varsity, 1 Jr. High) at THHS this season. This includes the 2009 Polar League Championship meet!! Our official practices will begin on Monday, March 9<sup>th</sup> at 3:15 p.m. We have developed a schedule where each and every team member can test their abilities in 11 different meets.

### Where can you find information about our program?

We have developed a website for the Two Harbors Track and Field Program. Please go to:

<http://www.isd381.k12.mn.us/THHS/Track/default.htm>

We have many informational items on this website. You will find the 2009 schedule of meets, directions to our meets, previous years honors, athlete / parent manuals, and the performance records for our program. We will also link many of our meet results to this page. You can see how team members did during each meet last spring. We have many exciting meet pictures as well. Be sure to check out the 2008 photo section. We will also link the email addresses for our coaches to this site. Look for the heading "Coaching Staff" on the left hand side of the page. Please feel free to email any of the coaches with questions you may have. Additionally, your head coach can be reached at:

**Head Coach Anthony Altieri**

**218-834-8201 ext- 8305**

**aaltiere@isd381.k12.mn.us**

### When do we practice?

- **March 9<sup>th</sup>** - 3:15pm - 5:30pm official practice begins.
- Practices generally run from 3:15 pm to around 5:30 pm, Monday through Friday. Athletes must be present for practice everyday! Attendance will be taken at practice. As a coaching staff and Varsity Track and Field team, **we expect commitment!!**

- If you must be absent for **academic** or **family** reasons you must have a note from a teacher or parent. If you have another school activity commitment, you must inform the coaching staff prior to missing practice. Failure to provide notes or inform coaches ahead of time **will result** in suspension from competition. Multiple unexcused absences will result in dismissal from the team.
- The best policy is to **KEEP THE COACHES INFORMED!!**

Many of our event groups may practice on Saturday mornings as well. These Saturday workouts are great opportunities for coaches to give specialized training and an added workout day for our athletes. Adding up Saturday workouts gives us another week of training. We realize conflicts come up, but try to attend as many Saturday practices as possible. We try to make these workouts fun and enjoyable for coaches and athletes alike.

### **What do I need to turn in before practices begin?**

- **Physical** - have proof of a physical conducted in the last **3 years**. *Must be on file in office before practice begins in order to participate in varsity athletics.*
- **MSHSL Annual Health Questionnaire Form** – Complete and Sign. Must be on file before you can practice!!
- **MSHSL Athletic Eligibility Statement** – Complete and sign ***with parents!*** Must be on file in office before practice begins.
- **Pay the Participation Fee** - \$175 participation fee must be paid to the school store **prior to the first competition**. If you have a problem paying the sports fee on time or in full, see either Coach Altieri or Mr. Ross for payment options.

If you have participated in another athletic activity this school year, you should have the first three items on file. **IMPORTANT- A firm reminder on the absolute necessity of completing all paper work prior to March 10th. YOU WILL NOT BE ABLE TO PRACTICE UNTIL ALL PAPER WORK IS COMPLETE AND TURNED IN.** The physical form is the one that holds athletes out of practice. Please schedule your physical now so you don't miss any practices.

### **Who is eligible to compete on our team?**

All student-athletes in grades 9 – 12 are invited to join our team, regardless of ability or age!! You do not need to have previous experience in Track and Field to have fun and find success! There is a separate team for 7th and 8th graders, which starts practices on March 25<sup>th</sup>. 7th and 8th grade athletes who have the ability to compete at the varsity level will be invited to join the older athletes. Please contact the head coach if you have questions regarding younger athletes competing at the High School level.

### **What are the events in Track and Field and how do I know what I'll be good at?**

There are 17 events THHS offers in our sport. The coaches will work with you to determine your interests, talents, and which of the events you might excel at. We have the sprints (100, 200, and 400 meters), the hurdles (100 / 110 and 300 meters), the middle distance (800 meters), the distances (1600 and 3200 meters), the throws (shot put and discus), the vertical jump (High Jump), the horizontal jumps (Long Jump and Triple Jump) and the Relays (4x100, 4x200, 4x400, 4x800).

## What should I be doing in the coming weeks to prepare for the upcoming season?

- **Purchase Running / Training Shoes-** The #1 injury prevention device in Track and Field!! No High-Tops! Track-Jumping spikes and Throwing Flats are not mandatory...but recommended. We highly recommend The Athlete's Foot and Austin-Jarrow's, both in Duluth!
- **IMPORTANT NOTICE:** The Athlete's Foot will be selling shoes at our Athlete / Parent- Start of Season Banquet- Tuesday, March 10<sup>th</sup>.
- **BE PREPARED to go outside everyday!!** This means hats, gloves, long-sleeved shirts / jacket and wind pants / sweats!! This is to prevent possible cold weather injuries!! These can be purchased at most athletic and department stores.

Although not mandatory, it is helpful for student-athletes to be in good physical condition when practice begins. Workouts consisting of general aerobic fitness (easy paced running, cross training, etc.) strength (weights, pushups, sit-ups, etc) and flexibility are very important in the final weeks before the season. Please stop in or contact one of your coaches if you have specific workout questions. Reminder: Off season strength and conditioning workouts are being conducted each week. Please stop by the fitness center for details.

## Who are the coaches for this coming season?

Glad you asked!! Many of our coaches work with athletes in at least one other sport or activity during the year. We believe in the multisport athlete concept and our coaching staff is proof of this philosophy. These coaches will work with athletes of both genders and athletes of all abilities. Here is a list of the coaches who will work with our athletes in the coming season:

<b>Coach Anthony Altieri</b>	<b>Head Varsity Boys &amp; Girls Coach (sprints, relays)</b>
<b>Coach Matt Peterson</b>	<b>Assistant Coach (shot, discus)</b>
<b>TBA</b>	<b>Assistant Coach (jumps, sprints)</b>
<b>Coach Sara Byrns</b>	<b>Assistant Coach (middle distance, distance)</b>
<b>TBA</b>	<b>Assistant Coach (hurdles, sprints)</b>
<b>Coach Lonyll Seeley</b>	<b>Assistant Coach (shot, discus)</b>
<b>Coach Ryan McIntyre</b>	<b>Head Jr. High Boys &amp; Girls Coach (sprints, jumps, hurdles)</b>
<b>Coach Nate Klueberg</b>	<b>Assistant Jr. High Coach</b>
<b>Coach Brian Getten</b>	<b>Assistant Jr. High Coach</b>

## Why is this a special sport and a special season?

Track and field is the third-most popular sport among boys and the second-most popular sport among girls at the high school level according to the High School Athletics Participation Survey conducted by the National Federation of State High School Associations. It also ranks second in school sponsorship for both boys and girls. The coaches are very excited about the upcoming season and are happy that you have chosen to participate in Varsity Track & Field. When we get a combined 7 coaches and over 110 athletes all working to achieve success, anything is possible! You will work hard in our supportive and encouraging program. Remember, the coaching staff is here to help every one of you succeed...together! Please do your part to prepare for the coming season- **and be ready to have an awesome experience!**

Good Luck on a fun, success filled season!!

**See the back of this sheet for our 2009 Varsity Track and Field Schedule.**