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Welcome to the Irondale Track Team!

The coaches want you to be an integral part of a fun, very successful and satisfying sport. Please read this “information packet” and then pass it on to your parents/guardians so they have the team information. The packet includes information for you to know, meet schedules, and an “information sheet” that is to be returned to Coach Rodefeld (Room 311).

What do I do first?

If you have already been out for a sport at Irondale this year:

- Bring a check (\$125 for 9th grade and below and \$155 for 10th-12th grade) made out to Irondale High School to the athletic office.
- get your yellow slip and bring that to Coach Rodefeld.

If you have not yet been out for a sport at Irondale this year:

- Pick up the “packet” of materials from the athletic office.
- fill out and return the packet to Mrs. Weber in the athletic office.

When do we practice?

We practice every week day after school, and the coaches will ask you to do some workouts on weekends on your own. There may also be special times for practice on certain days when we cannot meet as a team following the school day. A warm up will be lead by the captains at 2:20 and we will meet each day as a team, then you will practice with your “specialty group” and coach. Practice will last until around 4:00 each day. You will also be spending some time in the weight room from time to time.

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What do I need?

For practice you will need running clothes, shoes, hat, mittens, and sweatshirts. All of these and extra gear should be kept in your locker (that you will get). Always be prepared for outdoor workouts. We seldom practice inside. When the meets start, you will be furnished with running shorts and top and a warm-up suit. Minnesota weather is very unpredictable, and a warm, sunny day of 45 degrees can feel pretty darn cold if the wind is blowing 30 MPH. The point is, **BE PREPARED!** We will be outside with only rare exception. When we go to meets, some may last 3, 4, or even 5 hours! Weather can change as the sun goes down so always bring enough clothes to keep you warm and dry. Don't forget, it often rains during track meets.

What about running shoes?

Make sure you have a decent pair of running shoes. Most track injuries are usually related to poor or worn out running shoes. To quote Dr. Joe Ellis, sports podiatrist from ASICS, "The injury rate is higher for runners who buy the wrong shoe, including shin splints, tendonitis, and stress fractures." And, if you need new shoes, go to a running shoe/athletic shoe store, decide your price range (you may not have a say in this), and try on the shoes in that range. Buy the ones that feel most comfortable. Don't be afraid to run around the store or mall to test them out! Again, quoting Dr. Ellis, "Sizing is important; there should be a half inch of space between your longest toe and the front of the shoe." If you were out for track last year, more than likely your shoes have lost the cushion you need to absorb the shock from running and you will need new shoes. Just because they look good, they may not be adequate anymore. Many of you will want spikes. These must also be purchased by you. Again, the price range is wide. Everybody's shoe requirements are different; make sure you buy shoes that take care of your feet, not just something that makes a fashion statement.

** Attendance at practice is expected and we expect that you will give your best every day.*

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When is the first meet?

Tuesday, April 3rd at Irondale

Just a reminder, you are expected to remain at all the meets until the meet is over. You may go home with your parents in a rare event(please have a sign note from your parents). Track is unique in that individuals can set goals to meet, but our goal should also include supporting our teammates and trying to give the best overall team performance that we can for each meet!

How do I know what event(s) to be in?

If you are a beginner, the coaches will work with you to find the events that best fit you. Upper classmen usually know what events they want to be in or events they want to try. Coaches may ask you to try new events and that is only to help us all determine where individuals can best perform and best help out team!

Who are the track coaches?

Tom Rodefeld - Head Boys Coach (Long and Triple Jump Coach)

Tom Franta - Head Girls Coach (Sprints and Relays Coach)
Jed Knuttila - Boys Coach (Sprints and Relays Coach)
Jesse Abing - Boys Coach (Distance Coach)
Bruce Moore - coed Coach (Hurdles Coach)
Jeff Horton - coed Coach (Shot and Discus Coach)
Erica Mendesh - Girls Coach (Jumps Coach)
Phill Erickson - coed Coach (Pole Vault Coach)
Andrea Butler - Girls Coach (Distance Coach)

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What if I have a friend who wants to come out for track?

If you have a friend with nothing to do, convince them to come out for track. Track gets them in shape, creates self-confidence, widens your circle of friends, but, more importantly, improves your self-esteem. There have been many Irondale students who have joined track with little experience or expectations and the experience ended up having a very positive influence on them. You might even get a nice tan.

Just remember: * THERE IS NO BENCH IN TRACK

Will we have a fundraiser this year?

No, the Booster Club will be asking for a 35 dollar donation at the parent meeting. The money raised will help fund many of the events during the season.

How can my parents help?

Your parents can help out by making sure you eat and sleep properly, by making sure that you don't let a job or other activities interfere with track, by helping out with fundraisers, by coming to the meets, by helping out at home meets, and by joining the booster club. This year we are hosting three home varsity track meets so we will need help.

There will be a parent/athlete meeting for all boys and girls track team members in early March and all athletes must attend with at least one parent! Stay tuned to hear dates for this meeting.

What if I get hurt?

We are fortunate to have a certified trainer that works at Irondale. We will make sure you are aware of the times he will be available. Coaches cannot know you are hurting unless you let them know! Make sure the coaching staff is made aware of any injuries.

If you have more questions?

Please contact Tom Rodefeld in Room 311 or call (651) 786-5200 Ext. 4311

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