



OSKALOOSA HIGH SCHOOL

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# TRACK & FIELD

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**2024**

# 2024 Meet Schedule

| <b>date:</b> |          |      | <b>meet:</b>                            | <b>location:</b>  | <b>meet time:</b> |
|--------------|----------|------|---|---|-------------------|
| March 15     | Friday   | JV/V | Co-Ed Scrimmage with Norwalk            | <a href="#">Norwalk H.S.</a>                              | 12:00 p.m.        |
| 21           | Thurs    | V    | LHC Indoor                              | Grinnell College,<br><a href="#">Bear Athletic Center</a> | 4:00 p.m.         |
| 23           | Sat      | V    | Iowa City Regina                        | Iowa City <a href="#">Regina H.S.</a>                     | 12:00 p.m.        |
| 26           | Tues     | JV/V | Pella Christian Invite                  | <a href="#">Pella Christian HS</a>                        | TBD               |
| April 2      | Tues     | V    | Williamsburg                            | <a href="#">Williamsburg H.S.</a>                         | 4:30 p.m.         |
| 4            | Thurs    | JV/V | Oskey Relays                            | Lacey Stadium   | 4:15 p.m.         |
| 9            | Tues     | JV/V | Fairfield                               | <a href="#">Fairfield H.S.</a>                            | 5:00 p.m.         |
| 11           | Thurs    | JV/V | Saydel Relays                           | <a href="#">Saydel H.S.</a>                               | 4:30 p.m.         |
| 16           | Tues     | V    | Mid-Prairie Relays                      | Wellman,<br><a href="#">Mid-Prairie H.S.</a>              | 4:30 p.m.         |
| 18           | Thurs    | V    | Newton Relays                           | Newton,<br><a href="#">HA Lynn Stadium</a>                | 4:30 p.m.         |
| 23           | Tues     | V    | Carlisle Relays                         | <a href="#">Carlisle H.S.</a>                             | 4:15 p.m.         |
| 24-27        | Thurs    | V    | Drake Relays<br><i>*only qualifiers</i> | Des Moines,<br><a href="#">Drake Stadium</a>              | T.B.D.            |
| 25           | Thurs    | V    | Pella Co-Ed                             | * <a href="#">Pella Christian HS</a>                      | 4:45 p.m.         |
| 30           | Tues     | JV/V | Little Hawkeye Conference Meet          | <a href="#">Pella Christian H.S.</a>                      | 4:30 p.m.         |
| May 6        | Mon      | V    | Little Dutch Relays                     | * Lacey Complex   | 4:45 p.m.         |
| 9            | Thurs    | V    | 3A District Meet                        | T.B.D.  | 4:00 p.m.         |
| 10           | Fri      | JV/V | Boys Track Team Banquet                 | O.M.S. Commons  | 6:00 p.m.         |
| 16-18        | Thur-Sat | V    | State CoEd Meet                         | Des Moines,<br><a href="#">Drake Stadium</a>              | T.B.D.            |
| TBD          | Sat      | V    | State Pentathlon                        | <a href="#">Iowa City West H.S.</a>                       | T.B.D.            |

# **Track Team Philosophy and Rules**

## **Team Mission Statement**

Oskaloosa Track & Field is committed to developing champions both on and off the field. We believe a Champion lives by high ideals, knows how to set realistic goals, and dedicates himself to achieving them. Every athlete has unique abilities. We ask that every athlete work hard to maximize this potential.

## **Coaching Philosophy**

Being a member of a team is a privilege not a right. All athletes must be academically eligible and maintain that eligibility. All athletes deserve the best coaching that we can provide. All athletes deserve a chance to compete. Coaches and athletes have a responsibility to be a role model and ambassador for their school. Everyone on the team is expected to put the best interest of the team first, before any thought is given to individual accomplishments. No individual, coach or athlete, is more important than the team. Team pride is another cornerstone of a competitive athletic program. Winning builds pride, but so does hard work and commitment to individual and team goals. We will try to allow every athlete to compete at every meet possible throughout the season. The meets, events, and relay teams that each athlete is assigned to will depend on his attitude, skill level, and commitment to the team, absences, injuries and meet/invitational situations. There are no guarantees, only opportunities.

As coaches, we will work to instill in each athlete the belief that hard work pays off, and the harder he works, the more he will achieve. While winning is a goal for everyone, at the same time each athlete should focus on his effort - not the outcome. Teaching and repetition are two of the tools used to prepare each athlete to be the best he can be. Start with getting in shape, fundamentals in field events, work on techniques and individual skills. Take every opportunity to teach and demonstrate teamwork, sportsmanship and respect for everyone, starting with the coaches. Believing that "Perfect practice makes perfect," athletes should properly practice the skills being taught on a repetitive basis both in-season and off-season, so that these skills become as natural as walking and talking. Finally, our coaching philosophy includes the fact that Track & Field should be FUN. We strive to make practices and meets enjoyable experiences that will both develop skills and provide positive life long memories for every athlete.

[LINK TO HANDBOOK](#) (all-sports unified handbook)

## Attendance

All members are expected to be at all practices and meets on time. If you have a conflict that forces you to be gone or late, in a timely manner see Coach Sterner(OHS), or Coach Kargol(OHS) personally or through Remind.

Having a friend, teammate, or manager tell the coaches is not acceptable.

\* 1<sup>st</sup> Unexcused absence = Meeting with Coaches

\* 2<sup>nd</sup> Unexcused absence = Miss 1 Meet

\* 3<sup>rd</sup> Unexcused absence = Dismissal from team

## Effort and Commitment

\* All athletes will come to practice faithfully and complete assigned daily team workouts in a conscientious manner: if an athlete's effort is undermining team morale, he may be removed from the team.

\* Athletes will be expected to train for multiple events.

\* Athletes will run in the events assigned to them.

\* Athletes will support, encourage, and help their teammates with spotting marks, holding blocks, stretching, holding sweats, and/or warming up together.

## General Conduct

\* Athletes will listen when coaches speak.

\* Athletes will not use foul, inappropriate, or disrespectful language.

\* Athletes will maintain appropriate dress: shirts & appropriate shorts must be worn at all times.

\* Jog only in the 4 outside lanes of the track.

\* Drink extra water during the day before meets and practice, as well as before and during practice.

You'll need at least a quart of water a day.

\* Always inform coaches if you are injured! Our school has committed professional trainers who will be available Mondays and Wednesdays right after school. They have proven to be tremendous help in getting athletes back on track.

\* Athletes will all wear team-issued meet warm ups to and from our meets.

### Sportsmanship:

\* Athletes will conduct themselves in a sportsmanlike manner.

\* Athletes will not argue with meet officials.

\* Athletes will congratulate teammates and opponents.

\* Athletes will support and encourage their teammates.

\* Athletes will thank officials.

\* Athletes will never taunt, tease, or belittle opponents.

## Performance Enhancing Drugs

Any athlete determined to have used a performance-enhancing drug will be dropped from the team and reported to the athletic office.

## No-Cut, But...

Track at Oskaloosa is a no-cut sport, which means that no one will be dropped from the roster due to ability level. This is a competitive track team, and athletes will be expected to demonstrate a high level of commitment.

\* DO come out for track if you want to increase your skills, extend your limits, and learn to compete in a sportsmanlike manner.

\* DO NOT come out for track solely to add a college application activity, or for general fitness, or expect it to be a jogging club or exercise group.

# Letter Point System

THERE ARE FOUR POSSIBLE WAYS TO EARN A VARSITY LETTER IN BOYS TRACK.

1) **Point system:** A boy who averages 3 points per meet during the outdoor season and finishes the season in good standing will receive a varsity letter

- A) All points must be earned during Varsity Competition.
- B) All points for relays are divided evenly among relay team members and then doubled.
- C) Each time you set a Personal best, individually or as a relay, you receive 1 point.

2) **Performance Standard:** Any individual equaling or bettering any of the following standards in a competitive meet, and finishes the season in good standing, will receive a varsity letter

|           |       |                           |       |
|-----------|-------|---------------------------|-------|
| 100.....  | 11.9  | 110 Hurdles.....          | 17.5  |
| 200.....  | 24.5  | 400 Hurdles.....          | 63.0  |
| 400.....  | 56.0  | Shuttle Hurdle Split..... | 16.0  |
| 800.....  | 2:12  | High Jump.....            | 5'08" |
| 1600..... | 5:00  | Long Jump.....            | 18'6" |
| 3200..... | 11:00 | Discus.....               | 117'  |
|           |       | Shot put.....             | 44'   |

3) **School Record:** Any individual or relay team that sets a school record, and finishes the season in good standing, will receive a varsity letter.

4) **State Meet:** Any individual or relay team that qualifies for the State Meet, and finishes the season in good standing, will receive a varsity letter.

# General Information

**YOU MUST SIGN UP IN THE ATHLETIC OFFICE BEFORE PRACTICE BEGINS!**

## **All Spring Sports Unified Sports Night**

**Tuesday, March 19, 6:00 p.m.** George Daily Auditorium  
Unified expectations and Track & Field Parents-Coaches Meeting

## **Practices**

Start **Monday, February 19 at 3:45pm.**

**Meet in the small gym of the high school** and when the weather cooperates workouts will be at Community Stadium or Lacey Complex.

Lifting - February 21-March 8: Tuesday and Thursday 3:45-4:30, then to practice

March 18-rest of season: Monday and Wednesday 3:45-4:30 p.m., then to practice

Practice - 3:45 to approximately 5:30; those interested in technical event work may take longer: HJ, LJ, Hurdling, Throws

## **Dress for Practice**

You supply: T-shirt, shorts, running shoes, other clothes as the weather dictates.

We supply: sweat top and bottom.

Use our lockers: Jewelry and personal items of any kind, including laptops.

## **Meet Uniforms:**

Meet uniforms and warm-ups will be issued before the first meet. They are first class. We are first class!

You will be expected to wear your team warm-ups to every meet.

## **Participation in events**

Determined by the coaching staff on the following basis:

- natural ability
- speed
- best interest of the team

You can be in a total 4 events

## **Shoes**

A good pair of Training Shoes (not spikes) is a must:

\* There are many good brands of running shoes. Your most important consideration is fit. Shoes should have about ½ inch of space beyond your big toe (when standing), and your toes should have room to spread.

\* If you have problems finding shoes that fit, or have foot pain, past injuries, or other foot problems, you probably should be fitted at a specialty store such as [Fitness Sports in Des Moines](#) or [Fleet Feet in Des Moines](#). You may pay more, but it will be worth the cost.

\* Wear new shoes to school for a week before taking them out on the track.

**Team Pictures: March 20, right after school. (2:45) in the gym.**

## **Social Media:**



Coaches will communicate information in the **REMIND** app.

**Phone Number: 81010** **Text Message: @oskybtf**



We have a Twitter presence as well! Follow us [@OsKyBTF](#)



A Facebook page has been created to make quick contact with team members as well as for team updates, pictures, and videos. Please 'like' this page to receive information. Our site is: '[Oskaloosa Boys Track & Field](#)'.



We have created a webpage full of useful information. Items included are schedule, roster, QuikStats/VarsityBound, IAHSAA, Drake Relays. Use this link for access: [Indian Track & Field](#)

# Warm up Routine

## 1) Jog 2 laps

## 2) Hurdle Warm-Ups

**Hurdles same height (low) pay attention to posture! (hips high, tall torso)**

- Over, 2 Feet Down: Over the top of 6 hurdles, both feet touch ground before going over next hurdle x 2
- Over, 1 Foot Down(alternating): Over the top of hurdles, only 1 foot touches ground before going over next hurdle x 2
- Sideways: Go sideways over hurdles, both feet touch ground (1 each way)
- Backwards: Go backwards over hurdles

### Alternating Hurdle Heights

- Over/Under: Over one hurdle, then under x 2 (Avoid dropping chest, bend at hips)
- Sideways Over/Under: Sideways over, then under x 2

## 3) Dynamic Stretching

- High Knee Pull. (pull knee to chest. Alternate knees)
- Walking Lunges (knee needs to be over front heel, not past it)
- Backward Walking Lunges
- Sideways Duck Walk (Squat and shuffle feet side to side slowly)
- Carioca (slowly as possible, bring back knee though high and quickly)
- Walk on Tiptoes
- Walk on Heels
- RDL's (Touch ground with hands raise left leg, take three steps, touch ground with hands, raise right leg)
- A Skips (focus on quick, powerful ground contact and reaction, foot stays loaded)
- Elephant Walk/scoop
- High Knee Jog (What are your arms doing? They should normal running form)

## 4) Build-ups

- 6 x 100 meters (build speed as you run the 100 meters, with perfect form)

## **BOYS TRACK AND FIELD VARSITY RECORDS**

*\* all times listed are hand-held unless noted*

|                             |  |                    |             |
|-----------------------------|--|--------------------|-------------|
| 100 Meter Dash              | Tyler Sash   | :10.65             | 2006        |
| 200 Meter Dash              | Jewell Thompson  | :21.70 (C)         | 1938        |
| 400 Meter Dash              | Brent Slay   | :48.00 (C)         | 1966        |
| 800 Meter Dash              | Carter Huyser  | 1:56.13 *FAT       | 2018        |
| 1600 Meter Run              | Ralph Longus   | 4:22.70 (C)        | 1975        |
| 3200 Meter Run              | Spencer DeJong   | 9:35.21 *FAT       | 2015        |
| <b>110 M High Hurdles</b>   | <b>Tatum Westercamp</b>  | <b>:14.53 *FAT</b> | <b>2023</b> |
| 400 M Low Hurdles           | Roy Best   | :53.72             | 2012        |
| 4 X 100 Meter Relay         | Dillon Daniel, Dalton Shaull,<br>Adam Rowley, Drew Richmond          | :43.13             | 2012        |
| 4 X 200 Meter Relay         | Steven Staggs, John Adair<br>Kyle Almond, Tyler Sash                 | 1:30.52            | 2007        |
| 4 X 400 Meter Relay         | Aaron Blom, Iszac Schultz,<br>Brayden VanKampen, Carter Huyser       | 3:22.03 *FAT       | 2019        |
| 4 X 800 Meter Relay         | Norris, VanZante,<br>Walker, Ancell                                  | 8:07.8 (C)         | 1961        |
| 800 Sprint Medley           | Aaron Blom, Casey Hill,<br>Brayden VanKampen, Carter Huyser          | 1:38.24 *FAT       | 2019        |
| 1600 Distance Medley        | Aaron Blom, Casey Hill,<br>Brayden VanKampen, Carter Huyser          | 3:34.03 *FAT       | 2019        |
| <b>Shuttle Hurdle Relay</b> | <b>Dom Piersel, JT Baker,<br/>Waylon Bolibaugh, Tatum Westercamp</b> | <b>:61.96</b>      | <b>2023</b> |
| Shot Put                    | Todd Eagen   | 56' 9"             | 1986        |
| Discus                      | Tony Stewart   | 172' 9"            | 2000        |
| High Jump                   | J'Von Harris   | 6' 10"             | 2017        |
| Long Jump                   | J'Von Harris   | 23' 6"             | 2017        |



## 9TH GRADE BOYS TRACK RECORDS

|                      |   |              |      |
|----------------------|---|--------------|------|
| 100 Meter Dash       | Andy Fish   | :11.34       | 1994 |
| 200 Meter Dash       | Andy Fish   | :23.33       | 1994 |
| 400 Meter Dash       | Carter Huyser   | :53.65 *FAT  | 2016 |
| 800 Meter Dash       | Carter Huyser   | 1:58.71 *FAT | 2016 |
| 1600 Meter Run       | Skylar DeJong   | 4:44.20      | 2012 |
| 3200 Meter Run       | Rob Hensley   | 10:44.40     | 1985 |
| 110 M High Hurdles   | Tyler Sirovy  | :16.88       | 2000 |
| 400 M Low Hurdles    | Mitch Comstock  | :59.57       | 1992 |
| 4 X 100 Meter Relay  | Shawn Blunt, Andy Fish,<br>Chad Garrett, Eric Svalsted              | :46.90       | 1994 |
| 4 X 200 Meter Relay  | Shannon Binns, Derek Ashman,<br>David Snider, Dan Brice             | 1:39.65      | 1992 |
| 4 X 400 Meter Relay  | Andy Fish, Eric Lenox,<br>Matt Schefers, Chad Garrett               | 3:45.80      | 1994 |
| 4 X 800 Meter Relay  | B.Kendall, J. Hicks,<br>K. Buffington, M. Wheeler                   | 9:09.30      | 1980 |
| 800 Sprint Medley    | Jacob Greenhalgh, Jaden DeRonde,<br>DaMarion Winchel, Xavier Hasley | 1:48.73      | 2022 |
| 1600 Distance Medley | Eric Svalsted, Andy Fish,<br>Chad Garrett, Matt Schefers            | 3:54.26      | 1994 |
| Shuttle Hurdle Relay | Max Johnson, Nate VanVeldhuizen,<br>Ryan Reiter, KiJana DeJong      | 1:10.04      | 2012 |
| Shot Put             | Tim Boender   | 44' 8"       | 1984 |
| Discus               | Lukas Toubekis  | 134' 4"      | 2022 |
| High Jump            | Jake Zickefoose   | 6' 4"        | 1997 |
| Long Jump            | Scott Rexroth   | 20' 7"       | 1988 |

## 2023 Season Bests

|                     |  |                                     |
|---------------------|--|-------------------------------------|
| Shot Put:           | Lukas Toubekis   | 45' 7 <sup>3</sup> / <sub>4</sub> " |
| Discus:             | Lukas Toubekis   | 133' 5"                             |
| Long Jump:          | Tatum Westercamp   | 21' 9"                              |
| High Jump:          | Waylon Bolibaugh   | 5' 8"                               |
| Sprint<br>Medley:   | Dom Piersel, JT Baker,<br>Dylan Messamaker, Waylon Bolibaugh       | 1:41.15                             |
| 3200:               | Will Roach   | 11:11.32                            |
| 4 x 800:            | Javion Reeves, Blake Herny,<br>Will Roach, Reed Peterson           | 8:41.92                             |
| Shuttle<br>Hurdle:  | Dom Piersel, JT Baker,<br>Waylon Bolibaugh, Tatum Westercamp       | 1:01.96 *SR                         |
| 100:                | Tatum Westercamp   | 11.85                               |
| Distance<br>Medley: | Tatum Westercamp, JT Baker,<br>Waylon Bolibaugh, Javion Reeves     | 3:47.84                             |
| 400:                | Javion Reeves  | 56.32                               |
| 4 x 200:            | JT Baker, Dylan Messamaker ,<br>Waylon Bolibaugh, Tatum Westercamp | 1:40.54                             |
| 110 Hurdles:        | Tatum Westercamp   | 14.53 *SR                           |
| 800:                | Javion Reeves  | 2:08.29                             |
| 200:                | Tatum Westercamp   | 22.69                               |
| 400 Hurdles:        | Waylon Bolibaugh   | 57.98                               |
| 1600:               | Reed Peterson  | 4:52.61                             |
| 4 x 100:            | Tatum Westecamp Aidan Scholes,<br>JT Baker, Waylon Bolibaugh       | 45.97                               |
| 4 x 400:            | Javion Reeves, Will Roach<br>Waylon Bolibaugh, Tatum Westercamp    | 3:37.25                             |