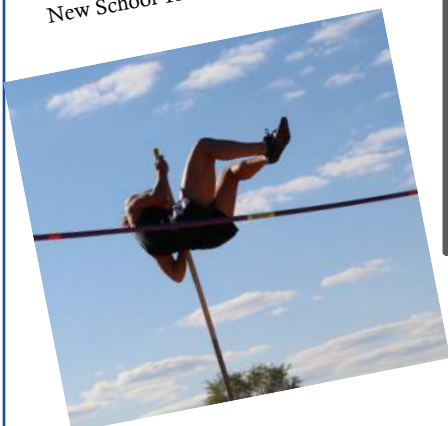


# LEGACY TRACK & FIELD

Sidney Manske  
New School Record 9'8"



Legacy 4X800 Relay  
Dani Olson, Emily Raper, Marissa  
Kuik, Kaylynn Raper



## 2017 SEASON

The Girls and Boys Track teams are looking forward to a great season with a good mix of rookies and veteran athletes. Over a dozen PACT Charter School athletes will be joining us through our co-op this year.

This year is all about getting better every day and if we do that we know that we'll be able to look back at the end of the season and feel proud of the work we put in and the improvement we've seen."

-Coach Manske & Fregeau

### FIRST SPORT OF THE YEAR? YOU WILL NEED\*:

- ✓ MSHSL Eligibility Sheet
- ✓ Emergency Contact Card
- ✓ Athletic Fee Turned In
- ✓ Current Physical on file at LCA (within last 3 years)

\* all forms available online

## COACHES INFO

Cheryl Fregeau (Co-Head Coach, Sprints)

[cfregeau@lcamn.org](mailto:cfregeau@lcamn.org)

612-599-3176

Todd Manske (Co-Head Coach, Sprints/Jumps)

[tmanske@lcamn.org](mailto:tmanske@lcamn.org)

612-202-6818

Dennis Kuik (Distance)

[Dennis.L.Kuik@state.mn.us](mailto:Dennis.L.Kuik@state.mn.us)

763-754-5043

Jeff Davie (Pole Vault)

[Jdavie7@gmail.com](mailto:Jdavie7@gmail.com)

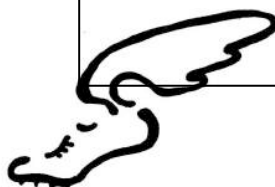
Greg Demars (Throwers)

[gdemars@summit-re.com](mailto:gdemars@summit-re.com)

612-750-6382

Jessica Reis -Middle School

Allie Franzen & Mike Fregeau -  
Volunteers



## PRACTICE DETAILS:

- Feb. 27-March 10 – Captain’s Practice
- Spring Break: March 13-18 (no school)
- March 20th – First official day of practice
- There will be a few early morning practices held at Bethel University (Dates to be determined) @ 5:45am. More info to

## MEET DETAILS:

- Athletes are expected to be preparing for their events & cheering others on when not in an event.
- All athletes are expected to ride the bus to & from the meets. In the event that a parent needs to pick up their own child from a meet, a parent note must be given to Coach Manske or Fregeau. Under no circumstances may an athlete drive themselves or others to a meet.

## Meet Schedule

- 4/11 Westonka Scrimmage
- 4/13 – St. Francis
- 4/20 – St. Croix
- 4/25 – Cannon Falls
- 5/5 - Pine City
- 5/9 – True Team (Maple Lake)
- 5/16 – Conference Meet @ Hastings
- 5/23 – Subsection
- 5/31 – Section @SJU
- 6/9-10 – State Track and Field Meet

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

Hebrews 12:1

**Be PREPARED for ALL weather conditions! We live in MN! If you are not prepared, you will not participate.**



# ATHLETE INFORMATION

DETAILS  
DETAILS  
DETAILS



**2017 Captains:**  
Nate Franzen, Jordan Hinrichs,  
Emily Raper, Sara Cleveland

## LCA ATHLETE BEHAVIOR EXPECTATIONS:

- Cooperate & be respectful to all coaches, volunteers, & leaders
- Demonstrate respectable behavior as representatives of LCA, Track & Field, and **CHRIST**
- Hold to LCA school guidelines & standards
- Thank all officials who time or measure your event

## INJURIES:

- Report all injuries immediately
- If the injury requires medical treatment, a coach or another adult will accompany the injured athlete to the hospital & parents will be notified ASAP
- Any injuries requiring medical treatment must be cleared by a physician before participation may resume
- An athletic trainer is available each track meet.

## EQUIPMENT:

- Students are responsible for appropriate use of all school equipment. In the event of damage; students may be required to pay for the cost to repair or replace the damaged equipment

## UNIFORMS:

- Students are responsible for all school issued uniforms
- Letter requires that all uniforms be turned in and have remained in good condition

## SCHOOL ATTENDANCE:

- **Student-athlete's** first priority is to main academic performance (Min: 2.0 GPA)
- Athletes must be at school for at least a ½ day (by 11:00 am) in order to participate in practice or a meet. Exception: a pre-excused absence or non-illness approved by the principal or athletic director

## PARENT VOLUNTEERS:

- See Coaches if interested in taking pictures
- for the video.



Lauren Conrad  
4X200 Relay



# TEAM EXPECTATIONS

## BUS EXPECTATIONS:

- Bus leaves on time whether you are there or not
- You must ride the bus to the meet in order to participate
- Talking on the bus needs to be at a minimum. This is time for you to get mentally ready for your events
- Coaches need a note from your parents or have talked with them face to face if you are to ride home with them. **NO RIDING HOME WITH FRIENDS OR A FRIEND'S PARENT.** If you need to be home earlier, your parents need to attend the meet, sign you out with a coach, and bring you home with them

## PRACTICE EXPECTATIONS:

- All practices and meetings are mandatory!
- If you miss a practice, you must have a written excuse from your doctor or parents (talk to a captain, Coach Fregeau, or Coach Manske if you have to leave school early)
- If you have detention, you are still expected to come to practice afterward and make up what you've missed. You need to be a responsible student-athlete and avoid detention situations
- Absences from practices or meets must be cleared by the head coach at least one day in advance. In the case of an emergency – call, email, or text either Coach. It will otherwise be considered an unexcused absence
- First unexcused absence from practice: **MEET SUSPENSION, POSSIBLE LETTER DENIAL**
- Second unexcused absence from practice: **NO LETTER, FURTHER SUSPENSION FROM MEETS AS DEEMED APPROPRIATE BY COACHES**
- Third unexcused absence from practice: **DISMISSAL FROM THE TEAM**
- Check in with Coaches before you leave each and every practice
- If you are injured, you are still expected to **be at practice and meets** to support your teammates. The coach will provide an alternative work-out or plan depending on the specific injury and doctor advice

# LCA TRACK & FIELD LETTERING REQUIREMENTS 2017

1. In order to qualify for a Varsity Letter, an athlete must attend all practices and meets, unless excused by the head coach, consistently be one of our team's top three per event, and meet one of the following:
2. Seniors who have participated in LCA Track and Field for 3 or more full seasons – and meet requirement #1 – will automatically letter
3. Any athlete who places in the TOP 3 in any INDIVIDUAL or TOP 1 in any RELAY event at the Conference Meet – and meets requirement #1 – will automatically letter
4. Any athlete who places in the TOP 8 in any INDIVIDUAL or TOP 6 in any RELAY event at the Section Meet – and meets requirement #1 – will automatically letter
5. Any athlete who wins a gold medal at any varsity track meet during the season – and meets requirement #1 – will automatically letter
6. Any athlete who makes it to the State Track and Field meet as a competitor or alternate – and meets requirement #1 – will automatically letter
7. The Head Coach reserves the right to **withhold** a Varsity Letter in unique circumstances where athletes do not end the season in good standing with the team. A Letter may also be withheld for any actions made by an athlete that do not reflect well on the Track and Field program, LCA, or CHRIST. Other unforeseen issues will be determined at the coach's discretion



## NUTRITION GUIDELINES:



- Pop is a can of garbage...**don't drink it!**
- Water, water, water! You will need extra water during the track and field season to replace lost fluids
- Eat whole (not processed) foods to fuel your body – especially on meet days
- Eating some sort of protein (nuts, peanut butter, lunch meat, protein bar) after working out will help rebuild your strained muscles
- Although we cannot monitor what you are fueling your body with outside of practices/meets, candy and pop will **not** be allowed at these events