



2023

**Brandon Valley
Track & Field
Handbook**



Welcome to Lynx Track and Field 2023

- **For those athletes not in a Winter Sport....**
- The first day of the track season is **Feb 27th at 3:45 pm in the Auxiliary Gym**. We will have a short meeting followed practice. Bring workout clothes and running shoes!
- Practices are everyday after school and are done around 5:30pm.
- We have two teams: (Varsity) and (Junior Varsity). Most teams have one/two meets per week.
- See schedule on our Website and Calendar Handout for specific dates!

You can get Information Packet – Handbook, Calendar & New Team Web Store (on the Track Website) at the Parents Meeting on Feb 6th @ 6:30pm or you can pick it up from Coach Trout at the HS.

Stay in touch – We have many new Information updates available

- You can sign up your cell phone number if you would like to receive text messages for cancellations, changes in the schedule and more by filling out our Parent's Remind form.
- Join our Twitter page and receive Twitter updates of events during meets - **@bvtrackandfield**
- We also have Student Text updates that are available on the homepage.
- Links to all of these are on our Track Website Homepage - **www.bvtrackandfield.com**

HS Track & Field Staff: Troy Sturgeon (Sprints), Tony Thoreson (Distance), Matt Mueller (Pole Vault), Jeff Trout (Throws), Mike Putnam (Long / Triple / High Jump), Justin Mashlan (Hurdles), Joe Krivarchka (Throws/ Javelin), Jeff O'Connell (Sprints/ Relays/ Jumps), Charley Smook (Strength & Conditioning Coach), **Volunteer** - Krista Bickley and Anna Hyronimus - (Sprints & Relays).

What you need to do before Feb 27th, 2023

- Get a physical completed & turned in to the Activities Office! **NO PHYSICAL - NO PRACTICE!**
- Get other necessary paperwork completed and turned in to the Activities Office.
- Get work schedules and other sports schedules arranged around track practice and track meets.

Equipment you will need for the 2023 track season:

- You will need to have shorts, t-shirt and running shoes and spikes for all practices.
- The weather will change quite a bit in the spring so always have warm clothes such as tights, sweats, hats and gloves with you at all times.

Lynx Track & Field Team Apparel – is available for purchase: TEAM T-Shirts, Long Sleeve Shirts, Sweats and Black Undergarments. We do have a secure online **TEAM STORE** where you can purchase TEAM T-shirts, Fan Club Tees, and sweats. **Orders are due on March 19th.**

FOR YOUR PLANNING – We only allow BLACK UNDERGARMENTS for boys and girls.

- (Undergarments are what you wear under your uniform)
- **THEY MUST BE ONE SOLID COLOR WITH NO WORDS OR PICTURES.**



Brandon Valley Track & Field Philosophy



- Athletics should be fun
- Everyone practices, everyone competes
- Each athlete should be a positive influence on the team and find their own means of contributing
- The harder you work, the more you will get out of the sport and the happier you will be
- To be competitive you must be willing to work hard
- You must be willing to make a significant commitment to our team
- You can not move to the next level (athletically or academically) without working hard in the classroom
- Every person has a gift, it is my job to help you find that gift
- Our team is like an extended family, together we may encounter failure, face adversity, strive for success and rely on each other for strength

The Brandon Valley Track & Field programs are built around key concepts. These concepts include commitment, honesty, determination, vision, communication, motivation, enjoyment/love of the sport, and valuing quality relationships.

Coaches in the Brandon Valley Track & Field program are committed to helping the athletes achieve all that they can in their athletic pursuits by providing excellent coaching in terms of training theory and technique, motivation generated by creating a vision of each athlete's potential, and nurturing the enjoyment and love of the sport(s) that the athlete is involved in. This is best accomplished by valuing people and relationships above performance and programs. The individual and team performances will be excellent if the relationships between athletes and coaches are excellent.

At Brandon Valley, we are committed to much more than your athletic success. Our coaches believe that your academic and personal growth is actually more important than your athletic growth. Our main goal is to help each athlete become a leader, prepared to meet the challenges of life outside of high school and the athletic realm. This is best accomplished when each athlete has a solid academic, and personal background developed through his or her athletic experiences and as an integral part of the Brandon Valley School District at large. The coaching staff is committed to encouraging and providing positive experiences for academic and personal growth.

The coaches in the Brandon Track & Field program believe this well-rounded and balanced approach will lead to excellence on and off the field of competition as well as produce an end result that is rewarding and fulfilling for the student athletes in our program.



Lynx Track and Field



General Guidelines

Physicals

Each student athlete must have a current physical, medical consent, hippa, and pre-participation history form on file in the HS office before being allowed to participate.

Practice

Practice begins at 3:45. Sometimes situations arise when you may need to be late or need to miss practice. It is your responsibility to let your position coach know before you are late / absent. Any unexcused absence from practice will ban you from the next competition and may jeopardize any year-end awards. It is also very important that you are on time and do not miss designated warm-up times; these exercises have been chosen specifically for improving your running technique and warming your muscles for the workout.

Also, we must be prepared to practice in all of types of conditions. South Dakota weather can change very quickly. Make sure that you bring clothes each day for all extremes (shorts, t- shirts, sweats, & shoes). You will also need to have your track spikes with you daily; to practice relay exchanges and block starts.

School Issued Uniforms / Warm-up Sweats

School issued jerseys, shorts, warm-up sweats and Nike Backpacks are for meets only. These items are your responsibility. Each item that you check out is numbered. You are expected to wash/clean your uniform and turn in the same item with the same number that was checked out to you. Loss of any of the items will result in a replacement fine. Turning in items of the same style with a number different than that which was checked out to you will also result in a replacement fine. (Uniform replacement fees are list on the next page)

Check-In / Return of School Issued Uniforms / Warm-up Sweats

With track season ending after the last day of school, it can be very difficult to get school-issued jerseys, shorts, warm-up sweats and Nike Backpacks checked in. It many times drags out over the summer months, making inventory and ordering for next season almost impossible. To help alleviate these difficulties, this policy has been implemented.

Each athlete will be responsible for turning in all school-issued clothing with the appropriate numbers, clean/washed, in their Nike Backpacks to their position coach on the designated Check-in Day.

Example – JV athletes competing for the final time at the SF JV Invite on May 9th @ JHS will have 2 days to **clean/wash** all their school issued track apparel. Athletes will be expected to turn in all their school issued jerseys, shorts, warm-up sweats and Nike Backpack with their correct corresponding correct numbers on **Thursday May 11th @ 3:30 pm** in the Equipment Storage Area in the New Gym.

Example - All Varsity athletes competing for the final time at the Last Chance Meet on May 18th @ Yankton will have to **clean/wash** all their school issued track apparel.

Athletes will be expected to turn in all their school issued jerseys, shorts, warm-up sweats and Nike Backpack with their correct corresponding numbers on **Friday May 19th @ 3:30 pm** in the Equipment Storage Area in the New Gym.

Example - All varsity athletes competing for the final time at the State Meet on May 25th, May 26th and 27th @ HWF will turn in all their school issued track apparel to their event coach at the conclusion of the meet before they go home. Athletes will be expected to turn in all their school issued jerseys, shorts, warm-up sweats and Nike Backpack with their correct corresponding numbers. Coaches will wash and inventory all track apparel from the athletes that compete at the State Meet.

Failure to turn in all school issued apparel with the correct numbers or on the Designated Check-In day will result in a uniform replacement fee. (Uniform replacement fees are list on the next page)

Mr. Freking will issue a bill for missing or incorrect apparel. Also, Underclassman will not be allowed to compete in school summer camps or to start the next sports season until all items have been turned in or fines paid. Seniors also will not have a signed diploma until all items are returned or fines paid.



Lynx Track and Field



Attendance, Lettering and Travel Policies

The only reasons an athlete may miss a practice, or a meet would be due to an injury, illness, some school related activities or a family emergency. All athletes need to be on time to all practices and they should not leave until dismissed by the coach. If an athlete is going to miss a practice, arrive late to a practice, or leave early from a practice, we expect to be notified before that practice. Injured athletes should still be at practice unless it is an injury that requires them to be home. Most importantly - communicate with your coach.

All members of this program are expected to make a commitment to track and field. If you wish to have a job during the track season it should not affect your school, practices and/or meets. If you wish to play another sport or participate in another non-school related activity during the season that is fine as long as track and field comes first. You should not miss any practices or meets due to work or other non-school related activity.

Track & Field Letter Requirements

Varsity Letter: To earn a Varsity Letter, an athlete must meet four of the following requirements:

- A. Run at the State AA Meet
- B. Run at the ESD/ METRO Conference Meet
- C. Run on the Varsity Team in at least 75% of Varsity Meets
- D. Medal in at least 60% of the Varsity Meets
- E. Be in attendance for at least 93% of practices and no unexcused practices
- F. Coaches' discretion – this would be in case of serious injury or illness

- A Varsity Letter will be awarded to athletes who medal at the ESD/METRO Conference and State AA Meet.
- A Varsity Letter will be awarded to any senior involved in the high school track and field program for at least three years during high school.

Junior Varsity Letter: To earn a Junior Varsity Letter, an athlete must meet three of the following requirements:

- A. Run on the Varsity or Junior Varsity Team in at least 75% of the Junior Varsity Meets
- B. Medal in over one-half of the Junior Varsity Meets
- C. Be in attendance for at least 93% of practices and no unexcused practices
- D. Coaches' discretion – this would be in case of serious injury or illness

Participation Certificate: Will be awarded to athletes who complete the season.

When we are at track meets, we expect the best behavior from our athletes, managers and coaches. We will not tolerate any poor behavior. Follow all team rules, school policies and South Dakota High School Activities Association rules while at competitions.

- **IF YOU ARE GOING TO BE LATE or ABSENT FOR THE BUS – CALL YOUR EVENT COACH**
- Athletes are required to ride the bus to and from all track meets.
- Parents need to check their child out with the coaches at the meet.
- If athletes get permission from a coach to not ride the bus, the athlete must ride with their parents unless given special permission from the athletic director to ride with another adult.
- In this situation, the athlete's parents are required to meet with the athletic director while turning in the travel release forms.
- Leaving a meet without permission will result in a one meet suspension.
- Competitors are not allowed to have or use cell phones on the infield or competition areas.



Brandon Valley High School – Girls

Track & Field Records



as of 8-3-2022

* Denotes State Meet Champion ^ Denotes Howard Wood Champion

<u>Event</u>	<u>Athlete(s)</u>	<u>Time / Distance</u>	<u>Year</u>
100 M Hurdles	Brielle Dixon	14.29	2021
100 M Dash	Mickey Metcalf * / Amy Jensen	12.0	1978-96
200 M Dash	Krista Bickley	24.27	2016
300 M Hurdles	Taia Rude	44.82	2021
400 M Dash	Krista Bickley	54.08 * (All-Time State) Record	2016
800 M Run	Mia Wentzy	2:16.15	2021
1600 M Run	Mia Wentzy	4:59.86	2021
3200 M Run	Mia Wentzy	11:09.11	2022

Relays

400 M Relay	Brielle Dixon, Morgan Thompson, Kennedy Nuebel, Krista Bickley	48.38*	2019
800 M Relay	Taia Rude, Morgan Thompson, Kennedy Nuebel, Krista Bickley	1:40.67^ (All-Time State) Record	2019
Medley Relay	Brielle Dixon, Kennedy Nuebel, Meghan Walker, Mia Wentzy	4:05.66	2021
1600 M Relay	Hannah Hendrick, Haylee Waterfall, Tanya Tingle, Krista Bickley	3:52.95^ (All-Time State) Record	2017
3200 M Relay	Addison Scholten, Sarah VandeBerg, Shelby Bergan, Mia Wentzy	9:15.93 *	2022

Field Events

High Jump	Jayaunna Stroh	5'7 *	2022
Long Jump	Emma Terveer	17' 8	2015
Shot Put	Jane Swenson	43' 7 1/4	2008
Discus	Jane Swenson	149'4	2008
Triple Jump	Madison Pederson	37' 11 1/2	2022
Pole Vault	Hannah Hendrick	11' 6	2018
Javelin	Aneesha Scott	107' 0	2021



Brandon Valley High School – Boys Track & Field Records

as of 8-3-2022 * denotes State Meet Champion



<u>Event</u>	<u>Athlete(s)</u>	<u>Time / Distance</u>	<u>Year</u>
110 M Hurdles	Bryson McHardy / Joe Ford	14.40	1970 / 1998
100 M Dash	Mark Mattox/ James Kruse/ Braiden Petersen	10.7 10.70a	1985 / 1994 2018
200 M Dash	Jeremy Skiles	21.70	1994
300 M Hurdles	Joe Ford	38.5	1997
400 M Dash	Julian Watson	47.46 (All-Time State) (Record)	2022
800 M Run	Ben Schultz	1:54.7	2012
1600 M Run	Kevin Nelson*	4:20.16	1986
3200 M Run	Scott Peterson	9:28.2	1981
<u>Relays</u>			
400 M Relay	Nate Andresen, Landon Dulaney Noah Thompson, Julian Watson	42.27*	2022
800 M Relay	Jeremiah Donahoe, Landon Dulaney Nate Andresen, Noah Thompson	1:28.27*	2022
Medley Relay	Cody Taggart, Tyler Grieve Cam Holmes, Ben Schultz	3:30.4	2012
1600 M Relay	Jeremiah Donahoe, Joey Anders London Watson, Julian Watson	3:20.05	2022
3200 M Relay	Ben Schultz, Blaze Killian Bob Brockmueller, Bill Brockmueller	7:48.31* (All-Time State) (Record)	2010
<u>Field Events</u>			
High Jump	Mike Schreiber / Todd Wetrosky	6'9	1982 / 1989
Long Jump	Matt Vandeberg	23' 0	2013
Triple Jump	Alex Wilde	46' 11 3/4 *	2014
Shot Put	Dave Larson	63'10 1/4	1979
Discus	Matt Swenson	186'8	1986
Pole Vault	Cole Christensen	15' 1*	2016
Javelin	Brayden Cline	174' 1 (All-Time State) (Record)	2022

Brandon Valley – 7th Grade Boys

Track & Field Records

Updated 8-3-2022

<u>Event</u>	<u>Athlete(s)</u>	<u>Time / Distance</u>	<u>Year</u>
100m Hurdles	Jimmy Shook	16.68	1993
100m Dash	Joey Nemece	11.69	2016
200m Dash	Tracy Staeffler	24.02	1994
400m Dash	Austin Vigants	56.83a	2016
800m Run	Austin Vigants	2:10.13a	2016
1600m Run	Jacob Hegland	5:07.40	2011

Relays

400m Relay	Tracy Staeffler, Dusty Stultz Chad Padgett, Nathan Helm	50.32	1994
800m Relay	Cam Holmes, Dylan West Michael Horst, Ryan Immecker	1:47.2	2009
Sprint Medley Relay	Tracy Staeffler, Dusty Stultz Chad Padgett, Nathan Helm	1:51.89	1994
1600m Relay	Chris Steffen, Eric Manke Britt Wickett, Alex Nachreiner	4:03.89	2004
3200m Relay	Jacob Hegland, Dante Genova Isaiah Blok, Andrew Sorenson	10:23.56	2011

Field Events

High Jump	Dveyoun Bowell-Witte	5'9	2021
Long Jump	Chase Grode	18'6	2012
Shot Put	Tracy Staeffler	42'3 1/2	1994
Discus	Matt Swenson	144'3	1981
Pole Vault	Alex Waltner Levi Veskerna	8'6 8'6	2012 2021
Triple Jump	Tony Tripp	34' 10	2008

Brandon Valley – 7th Grade Girls

Track & Field Records

Updated 8-3-2022

<u>Event</u>	<u>Athlete(s)</u>	<u>Time / Distance</u>	<u>Year</u>
100m Hurdles	Brielle Dixon	16.3	2016
	Dymonde Nave	16.3	2018
100m Dash	Holly Suss	12.7	2006
200m Dash	Krista Bickley	26.83	2014
400m Dash	Madelyn Labahn	61.72	2019
800m Run	Haley Waterfall	2.22.9	2013
1600m Run	Mia Wentzy	5.13.53a	2019
<u>Relays</u>			
400m Relay	Courtney Gross, Anna Hyronimus Laura Heib, Lexy Maassen	54.40	2005
800m Relay	Brielle Dixon, Kennedy Nuebel India Bradfield, Kennedy Safar	1:56.17	2016
Sprint Medley Relay	Jesse Peterson, Kari Pierson, Holly Suss, Kasey Presler	1:59.37	2006
1600m Relay	Kinsley Terveer, Reese Condon Ava Kellenberger, Maya Mathies	4:24.05a	2021
3200m Relay	Brooke Becker, Kia Nitz Brianna Spurlin, Ellie Williams	11:43.18	2009
<u>Field Events</u>			
High Jump	Jayaunna Stroh	5'1	2021
Long Jump	Emma Terveer	15'2"	2012
Shot Put	Hannah Behrens	30'9"	2015
Discus	Allison Koehn	84' 9	2008
Pole Vault	Hannah DeJager	8'0	2014
Triple Jump	Jayaunna Stroh	35'1	2021

Brandon Valley – 8th Grade Boys

Track & Field Records

Updated 8-3-2022

<u>Event</u>	<u>Athlete(s)</u>	<u>Time / Distance</u>	<u>Year</u>
100m Hurdles	Britt Wickett	15.62	2005
100m Dash	Joey Nemec	11.3a	2017
200m Dash	Dveyoun Brownell-Whitte	23.42a	2022
400m Dash	Cam Holmes	52.30	2010
800m Run	Austin Vigants	2:02.28a	2017
1600m Run	Jakob Hanna	4.32.20	2013
<u>Relays</u>			
400m Relay	Mason Rolfson, Carson Mashlan, Austin Vigants, Joey Nemec	47.74a	2017
800m Relay	Riley Swenson, Michael Horst Ryan Immecker, Cam Holmes	1:41.33	2010
Sprint Medley Relay	Anthony Pacheco, Michael Horst Ryan Immecker, Cam Holmes	1:43.23	2010
1600m Medley Relay	John Klump, Leland Murren Nate Boscaljon, Austin Hogie	4:15.96	2008
1600m Relay	Wyatt Melcher, Mach Mayen Miles Hunt, Landon Dulaney	3:51.97a	2021
3200m Relay	Derek Swanson, Austin Hogie Franklin Parker, Austin Carlson	10:07.24	2008
<u>Field Events</u>			
High Jump	Dveyoun Brownell-Whitte	5'11	2022
Long Jump	Chase Grode	19'3	2013
Shot Put	Chase Douglas	51'7	2005
Discus	Matt Swenson	169'5	1982
Pole Vault	David Gjovik	10'7	1988
Triple Jump	Matt Vandenberg	38'1 ½"	2009

Brandon Valley – 8th Grade Girls

Track & Field Records

Updated 8-3-2022

<u>Event</u>	<u>Athlete(s)</u>	<u>Time / Distance</u>	<u>Year</u>
100m Hurdles	Dymonde Nave	15.90a	2019
100m Dash	Holly Suss / Krista Bickley	12.20a	2007/15
200m Dash	Krista Bickley	24.9a	2015
400m Dash	Krista Bickley	55.92a	2015
800m Run	Lauren Wells	2:20.85a	2015
1600m Run	Addison Scholten	5.07.41a	2022
<u>Relays</u>			
400m Relay	Jennika Wrightsman, Elsie Zaijek Emma Terveer, Sarah Presler	51.60	2013
800m Relay	Kirsten Hanson, Tara Knight Jessica Ramse, Kara Feistner	1:54.27	2004
Sprint Medley Relay	Shaleigh White, Samantha Batzler, Brynne Rist, Rebecca Tripp	2:00.12	2009
1600m Medley Relay	Lexy Maassen, Quin Watt Anna Hyronimus, Laura Heib	4:56.78	2006
1600m Relay	LeAnn Severson, Ashley Hamer Jessica Ramse, Kara Feistner	4:14.50	2004
3200m Relay	Alexa Kruse, Taylor Murtha Kate Perkinson, Brianna Spurlin	11:25.56	2010
<u>Field Events</u>			
High Jump	Jayaunna Stroh	5' 7	2022
Long Jump	Emma Terveer	17' 1 1/2	2013
Shot Put	Allison Koehn	37'2"	2009
Discus	Allison Koehn	102'8"	2009
Pole Vault	Hannah Hendrick	9'6"	2014
Triple Jump	Jayaunna Stroh	35' 2 3/4	2022



Brandon Valley Track & Field **Top 10 Performances All-Time**

The Brandon Valley Lynx Track & Field Top 10 is a compilation of our Top 10 all-time *performances* in each Track & Field individual event and relay race. The list was started in 2012 with the *Individual Events* portion of the list being completed at that time. The *Relays* portion of the list proved to be more difficult to compile. We feel we have completed it to the best of our abilities with the information we have available. Many of the current performances on the list have taken place in the last 11 years.

Each athlete that has a performance that breaks a school record or earns a spot on the Top 10 list will receive a Top 10 or Record Breaker T-shirt to commemorate their accomplishment.

The track coaches are also still actively looking at any past results, clippings, or proof that may earn any past/present athlete a spot on the top ten performance list. Please let any of the coaches know if you have any information that we can add to our list to make it as complete as possible.

I want to Thank Coach Trout, Kory Scholten and Matt Swenson for their many hours of research to help compile the Top 10 List. BV Top Ten can be found at www.bvtrackandfield.com