

Prior Lake Middle School Track and Field



Twitter: PLMSTrackField

Instagram: plmstrackfield



Track and Field

Coaching Staff

(6th girls) Coach Fay

(6th boys) Coach Block

(7th girls) Coach Kemper

(7th boys) Coach Lutz

(8th girls) Coach Lillquist

(8th boys) Coach Stufft



Track and Field Events

Primary Events:

Sprints, Distance, Throws

Secondary Events:

**Relays, High Jump, Hurdles,
Long Jump**

Middle School Track Website USE IT!



LAKER ATHLETICS

LAKER ACTIVITIES

LAKER PERFORMANCE

INTRAMURALS

CLUBS

MIDDLE SCHOOL

WAVE

LABC

PAA

TRAINING ROOM

ACTIVITIES CALENDAR

NCAA

MIDDLE SCHOOL > TRACK AND FIELD

Track and Field

RELATED PAGES

Boys Tennis

Track and Field

Mountain Bike

Ski Club

Wrestling

Trap Shooting

Cross Country Run

Girls Swimming


Track and Field

DOWNLOAD OUR MOBILE APP
Search Team ID: 115566

TRACK AND FIELD

Regular Season
MS Track and Field

Photos Videos Posts



MS SPRING TRACK INFO COMING SOON ...

MS Track Season will start on March 27! WATCH for date for Informational Meeting!

Follow us on Twitter! [@PLMSTrackField](#)

Here is the registration link for middle school track!
<https://priorlake-savage.feepay.com/>

2017 TRACK SCHEDULE

2016 TRACK EXPECTATIONS

FIRST DAY OF MS TRACK SEASON

31	0	20
DAYS	HOURS	MINUTES
8		
SECONDS		

SPRING REGISTRATION



Why Track?

- Why Not? Hang out, work on your tan everyday!
- Makes you a better athlete for all other sports
- 1 Team – No “A” Team, “B” Team, “C” team etc.
- You pick whatever events you want to be a part of! Entirely up to you! You do only what you want to do!



Track and Field

Registration

All Parent/Guardian permission slips, physical forms, and activity fees must be completed online on or before the first day of practice. You will not be allowed to practice or compete until you have registered.

Most athletes are missing paperwork like physical forms, or payment. You cannot practice without physical forms.

*How to register: <https://priorlake-savage.feepay.com/> or visit the middle school track website!

Questions – 952-226-8960



Track and Field

Attendance

- Attendance is mandatory to competing in the meets and being a part of the team.
- We will take attendance every day and not being at practice means not participating in meets.
- If track is cancelled, an announcement will be made during 7th hour, otherwise it is on!
- Will use **Remind101** to send out texts and reminders
- If you are absent or going to be absent, you **MUST** bring a signed note from your parents or a doctor explaining where you were. Give these notes (or email) to your attendance coach.

No practice = No meets! Skipping practice = No Meets!



Track and Field

Excused Absences:

- If you are gone, bring a note from home or doctor and give to your **ATTENDANCE COACH**.
- Each coach will have different grade level.
- If you were getting help after school or making up a test, **bring a pass from that teacher**.
- If you are injured, you still attend all practices.
- If you are under a doctor's care because of an injury, you will not be able to practice again until you bring a doctor's note stating you are cleared and able to participate safely.



Track and Field

Unexcused Absences: Absences which are considered unexcused are:

- Being tardy for practice without a note from a teacher.
- Two tardies results in an unexcused absence.
- Once you have accumulated three unexcused absences... we will have to have a chat about whether being on the track team is the right place for you.
- Missing practice because you have to serve detention.



Track and Field

PRACTICE EXPECTATIONS:

- **Bring a water bottle** every day so that you are hydrated for practice.
- **NO POP** before or after practice...it actually dehydrates your body!
- Be ready to practice at **2:30pm**.
- Attend all practices if you want to compete in the meets and perform to your full potential.
 - **Remember no practicing = no meets.**
- You will be sore the first week of practice – this is normal and will get better.
 - **Stretch every day after practice.**



Track and Field

What to wear? What not to wear?

Proper running shoes are very important and can protect you from injuries!

- Please invest in a good pair of running shoes NOT skating shoes or Converse!
- Don't have to be expensive or "brand name" to be good!

Layers

Spandex/compression shorts/tights

School dress code still in effect

NO SHIRT, NO SHOES, NO TRACK



Track and Field

Uniforms:

Our uniforms this year are brand new t-shirts that you get to KEEP! Each t-shirt is \$10.00. Cash or checks made out to ISD 719. This money is SEPARATE from your sign up fee. You can purchase your uniform tonight or on the first day of practice.

- **Uniforms now have a spot for a name.
- **Can wear your old uniform from last season as well.



Spirit Packs (Optional Gear)

Due Sunday, March 10th at 11:59pm



Charcoal Heather



Light Gold/White



Light Gold Heather



bit.ly/2019trackorder



remind 101

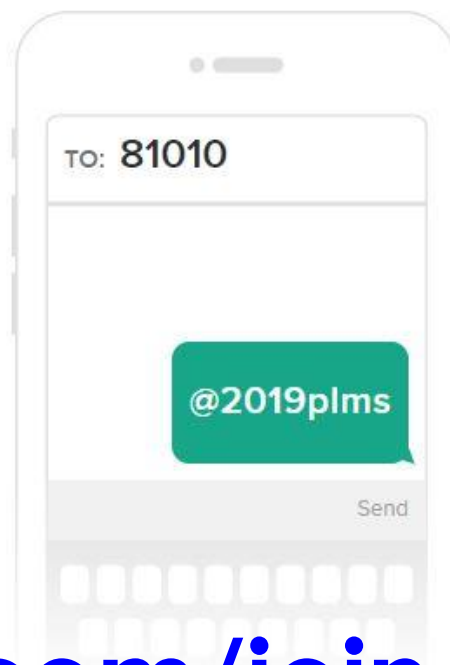
Remind 101

All athletes & parents please sign up!

Tell people to text @2019plms to the number 81010

They'll receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @2019plms to (847) 920-7356.



remind.com/join/2019plms



Track and Field

Practice Starts:

Friday, March 22nd at Hidden Oaks Middle School GYMS
C/D (new start date)

Practice EVERY Monday, Tuesday, Thursday, and Friday
NO WEDNESDAY PRACTICES

**Announcements will be made and Remind 101 messages will be sent if practices or meets are cancelled, locations change, etc.

Practice Times:

2:30-4:00PM

Please have rides ready to pick you up at Twin Oaks (lower level) by 4:10PM at the latest.

If you have questions, please see a coach after the meeting.



Track and Field

Meet Information:

We will provide transportation to all meets.

We will provide transportation back to TWIN OAKS Middle School after all AWAY meets.

Any athletes riding home with their parents from a meet must sign out with attendance coach.

Athletes getting picked up by anyone other than their parent or guardian must have this pre-approved by Beth Fuller at least one day before the meet.

Athletes must be picked up from Prior Lake High School for all home meets.

Remind messages will be send out when the meet is almost done and when it has ended with an ETA on our arrival back at school.

Athletes must be picked up within 30 minutes of a meet ending/arriving back to Twin Oaks. Coaches have been teaching all day, coaching all evening, and have families to get home to as well.

If you have questions, please see a coach after the meeting.



Track and Field

Meet Schedule:

- All Meets Begin at 4:15
 - Friday, April 12th @ Prior Lake
 - Monday, April 15th @ Lakeville South
 - Tuesday, April 23rd @ Shakopee
 - Wednesday, May 1st @ Prior Lake
 - Friday, May 10th @ Burnsville
 - Tuesday, May 14th @ Farmington

**Meet coaches in the upper lobby
with questions or to purchase track
uniform shirts.**



Shirts = \$10

Checks made out to ISD719