

# Woodbury Boys Track and Field



# Contacts and Communication

Co-Head Coach - Lane Swansson  
Sprints/Jumps

651-503-1327

Twitter: @WHSBoysTrack

[Lswansso@sowashco.org](mailto:Lswansso@sowashco.org)

Co-Head Coach - Jim Scott  
Sprints/Hurdles

651-455-7519

Bailey Elementary 425-4880

[jscott@sowashco.org](mailto:jscott@sowashco.org)

Or check-out [whsactivities.org](http://whsactivities.org) website

# More Coaches

Girls Head Coach/Girls Hurdles - DJ Billingsley

Boys Sprints/Boys Horizontal Jumps - Lane Swansson

Boys Sprints/Hurdles - Jim Scott

Boys and Girls Distance - Jeff Burkart

Boys and Girls High Jump - Jordan Ermer

Girls Horizontal Jumps - Jordan Ermer

Boys and Girls Pole Vault - Dave Crislip

Boys and Girls Throws - Kaycee Moore

# 2020 Boys Track Captains

Joe Frommelt  
Fahim Belfatmi  
Aidan Browne  
Parker Theis  
Stephen Tolentino

If you have a question, these guys should be able to answer them.

# Communication

**To receive text alerts for Woodbury Boys Track:**

**Text @woodburyb**

**To: 81010**

**Or**

**For Email just send an email to [woodburyb@mail.remind.com](mailto:woodburyb@mail.remind.com)**

# Get Signed Up

You cannot practice unless you are signed-up and cleared by the athletic office

Sign ups opened on February 5th... Go to [www.whsactivites.org](http://www.whsactivites.org)

# Track Website

Check [www.whsactivities.org](http://www.whsactivities.org) (Click on Spring Sports - Boys Track) for any questions that you might have.

This page will have the schedule and bus release times on it.

# Parent Meeting

Parent meeting on March 17th in the Cafeteria.

We ask that at least one parent comes to this meeting because we have some important things to cover.



# Practice - Meets

If you want to participate in meets, you will need to practice.

We will hold you out of meets if you don't practice!

Special circumstances may come into play. If you can't make it to practice, send me a message.

# Purchase half tight bottoms



If you are a sprinter, middle distance runner, hurdler, or jumper...

Purchase bottoms -Black Nike Men's Power Race Day Half Tight - \$33

[http://www.runningwarehouse.com/Nike\\_Mens\\_Power\\_Race\\_Day\\_Half\\_Tight/descpage-NIMPHT.html](http://www.runningwarehouse.com/Nike_Mens_Power_Race_Day_Half_Tight/descpage-NIMPHT.html)

We will have these to order on our team site through BSN sports wear as well.

You can use these for the rest of your track career. Otherwise, we have some blue short shorts we can hand out.

All Varsity Relay members (4x400 and under) will wear these.



# Practice Clothing



Come prepared for all types of weather.

No matter the temperature, you should have long sleeves and pants to warm-up in. We might be outside when it's really cold!

Wear appropriate footwear for practice (Running shoe or Cross trainer) Avoid Basketball shoes.



# Spikes

Buy spikes that are appropriate for your event(s.)

Sprinters - buy spikes with hard plastic

(Not pictured, throwing and jumping spikes)

If you can't afford to buy new spikes, talk to Coach Scott about borrowing some.



# What to do now?

First day of practice is March 9th (Spring Break) Send me an electronic message if you will be out of town.

Get in shape!

Free ETS training after school in the weightroom (M,T,Th)

## Woodbury Boys Track and Field 2020

### 2020 ROYALS SCHEDULE

| <u>DATE</u>            | <u>TIME</u> | <u>MEET</u>                                      | <u>TEAM</u> | <u>LOCATION</u>    |
|------------------------|-------------|--|-------------|--------------------|
| March 9 <sup>th</sup>  | 3:30PM      | Practice Begins                                  | ALL         | WHS Field House    |
| March 28 <sup>th</sup> | 10:00AM     | Roy Griak Indoor                                 | VARSAITY    | Univ. of Minnesota |
| April 2 <sup>nd</sup>  | 4:00PM      | WHS Scrimmage CDH,<br>FLHS, & SSP                | ALL         | Woodbury HS        |
| April 3 <sup>rd</sup>  | 3:30 PM     | Stout Indoor                                     | Distance    | UW Stout           |
| April 7 <sup>th</sup>  | 4:00PM      | Prior Lake Invitational                          | ALL         | Prior Lake HS      |
| April 9 <sup>th</sup>  | 3:45PM      | Farmington Invite                                | ALL         | Farmington HS      |
| April 17 <sup>th</sup> | 3:30PM      | Pony Relays                                      | ALL         | Stillwater HS      |
| April 21 <sup>st</sup> | 3:30PM      | Wildcat Invitational                             | VARSAITY    | Eagan HS           |
| April 24 <sup>th</sup> | 3:45PM      | Wolfpack Invite                                  | VARSAITY    | Park HS            |
| April 24 <sup>th</sup> | 3:45PM      | Hamline Elite Meet                               | VARSAITY    | Hamline University |
| April 25 <sup>th</sup> | 10:00AM     | Panther Mega Meet                                | VARSAITY    | Lakeville North HS |
| April 28 <sup>th</sup> | 3:30PM      | Mounds View Invite                               | ALL         | Mounds View HS     |
| May 1 <sup>st</sup>    | 3:30PM      | Wayzata Relays                                   | VARSAITY    | Wayzata HS         |
| May 5 <sup>th</sup>    | 3:30PM      | True Team Sections                               | VARSAITY    | Eagan HS           |
| May 6 <sup>th</sup>    | 3:45PM      | WBL JV Invite                                    | JV          | White Bear HS      |
| May 7 <sup>th</sup>    | 3:45PM      | WHS Tom Moore Invite                             | ALL         | Woodbury HS        |
| May 13 <sup>th</sup>   | 3:30PM      | 9 <sup>th</sup> /10 <sup>th</sup> SEC Conference | JV          | East Ridge HS      |
| May 14 <sup>th</sup>   | 3:45PM      | Park Triangular                                  | ALL         | Park HS            |
| May 15 <sup>th</sup>   | 4:00PM      | True Team State - TBD                            | VARSAITY    | Stillwater HS      |
| May 19 <sup>th</sup>   | 2:45PM      | SEC Conference Prelims                           | VARSAITY    | White Bear HS      |
| May 21 <sup>st</sup>   | 2:45PM      | SEC Conference Finals                            | VARSAITY    | White Bear HS      |
| May 27 <sup>th</sup>   | 3:00PM      | Section 3AA Prelims                              | VARSAITY    | Prior Lake HS      |
| May 29 <sup>th</sup>   | 3:00PM      | Section 3AA Finals                               | VARSAITY    | Prior Lake HS      |
| June 5 <sup>th</sup>   | 9:00AM      | MSHSL State Prelims                              | VARSAITY    | Hamline University |
| June 6 <sup>th</sup>   | 9:00AM      | MSHSL State Finals                               | VARSAITY    | Hamline University |

# Track Schedule

Scrimmage is dependent upon weather.

New meets:

Pony Relays April 17<sup>th</sup>

Tom Moore Invite May 7<sup>th</sup>

# Track Events

Hurdles - 110 and 300



# Track Events

## Pole Vault





# Track Events

## High Jump



# Track Events

Triple Jump and Long Jump



# Track Events

## Relays



# Track Events

Discus and Shot Put

