

2024 Practice Format(Old): Meet in the stadium from 3:50-6:00PM. 3:50-4:05 All student athletes completed a core workout as a team on the infield, then breakoff in their starting event groups.

- Sprinters(100, 200, 400, 4x100, 4x400):
 - Monday/Friday: Pure Sprint Workout, Block Starts, Relay Handoffs
 - Tuesday/Thursday: Report to field event practices, if necessary. Report to Coach Whittle after field event practices for workout. Pure sprinters work with Coach Whittle on these days.
- Hurdlers(100H/110H and 300H):
 - Monday/Friday: Complete sprint workout with Coach Whittle
 - Tuesday-Thursday: Report to Coach Whittle for Hurdle Work.
- Throwers(Discus Throw/Shot Put)
 - Monday-Friday: Report to Coach Wolford/Coach Brewer. If you report to another event group, check in with Coach Wolford or Brewer to get some throws in.
- Jumpers(Long Jump, Triple Jump, High Jump):

- Monday/Friday: Report to Coach Whittle for sprint workout.
- Tuesday: Long Jump Practice. Report to Coach Whittle afterwards for short workout.
- Wednesday: High Jump Practice. Report to Coach Whittle afterwards for short workout.
- Thursday: Triple Jump Workout. Report to Coach Whittle afterwards for short workout.
- Pole Vault:
 - Monday/Fridays: Veterans Only. Beginners complete sprint workout with Coach Whittle
 - Tuesday-Thursday: Beginners and Veterans. Check in with event coaches after Pole Vault for any sprint, hurdle, jump, throw work.
- Distance(800, 1600, 3200, 4x800):
 - Monday-Friday: Report to Coach Fujitsubo
 - Monday/Wednesday/Friday: Repeats, Intervals, Hill Repeats, mix in Sprint Workouts.
 - Tuesday/Thursdays: Recovery Runs.

Hello Union Mine Track and Field Student Athletes, Parents, and Guardians,

We competed in a tough dual against Rosemont/Bradshaw Christian on Wednesday and at the Lancer Invitational on Saturday. We had a great week. We now have our rival dual against ED this week. We are peeking at the right time, some of us are ready for a big PR or big SB(Season Best) and Wednesday will be a great time to hit that mark!

Be sure you are getting plenty of recovery, eating and hydrating correctly, attending practice focused and ready to improve. The last two duals of the season are away: **@ El Dorado** on Wednesday, April 10th and **@ Galt** on Wednesday, April 17th. Union Mine hosts the **Sierra Valley Conference Championships** on Saturday, April 27th, then the varsity girls and boys who place Top 5 in their events(including relays) are off to the **Sac-Joaquin Division IV-V**

Championships at Riverbank High School on Wednesday, May 8th and Friday, May 10th with a shot at qualifying to the **Sac-Joaquin Section Championships** at Davis Senior High School on Friday, May 19th-Saturday, May 20th. The Top 3 from the Sac-Joaquin Section Championships in each event advance to the **CIF State Championships** Friday, May 26th-Saturday, May 27th at Buchanan High School. There is not National Championship, but there are Junior Olympic Events in June and July. Don't forget, it's an Olympic Year! USA Olympic Trials are at the end of June and Paris in August!

Practice Attendance Communication. We are having attendance communication issues on the team. If you are absent, you must communicate your absence using [THIS](#) link. Please save the link for your reference. The link is also available on our website.

If a student athlete decides not to communicate an absence, you will not compete at the next competition. Make the right decisions that do not jeopardize your place in the team lineup or put your team and yourself in a spot to not do our best. Relay members will also have the possibility of being removed from a relay if practices are not communicated.

Please check out our website! Click [HERE](#) for more information on the season.

Updates:

- **Competition Photos.** If you have taken any pictures, with any type of device, please drop those pictures into the official 2024 Union Mine Track and Field Picture Folders. We will make the link available to the team. Please visit the website and look for "Photos". Click [HERE](#) for a direct link. Thank you Coach Vela for setting this up for track and field.
- **El Dorado High School Dual on Wednesday, April 10th.** We will travel to El Dorado High school. In order to receive your Frosh/Soph or Varsity Award, all student athletes must compete in every dual meet and the Sierra Valley Conference Championships. There are only small exceptions to this rule. We need all student athletes ready to compete at dual meets!
 - **Transportation:** There will be a ride TO El Dorado High School but not back. Please plan to be picked up from the meet at the conclusion of the 4x400s. Only Parent/Guardians or District Approved Drivers can drive student athletes home. There will be no rides back to Union Mine.
 - **Timeline. *Wear your warm-ups to school***
 - **2:30PM:** Out of class. Change into Uniforms and head to the parking lot, outside of the cafeteria.
 - **2:45PM:** Bus Leaves.
 - **3:00PM:** Arrive at El Dorado
 - **4:00PM:** ED Senior Night.
 - **4:20PM:** 4x800 and 1st Divisions for each Field Event start
 - **7:00PM:** Expected end time.

- **New Order of Events!** We are moving forward with Varsity Girls, F/S Boys, then Varsity Boys. In some cases, F/S and V Boys are combined so please be prepared. There is a Weight Persons Relay, we need throwers in on this! It can be mixed gender. Click [HERE](#) to see it.
- **Clerk of the Course:** There will be a table, under a blue tent in the middle of the field. All student athletes must write down their full names, clearly, indicating JV/V for boys, and "UM" on the tag. This needs to be completed before every running event, staging is at the start line of every race.
- **Event Assignments.** All student athletes will have their events assigned to them by Monday, April 8th. We will send out a digital copy to parent/guardians Monday via email and Remind App. Most will not deviate from the Rosemont/Bradshaw Christian Assignments, but there will be some adjustments.
- **Dual Meet Information.** Student athletes can compete in up to 4 events. If any male student athletes are in the Top 3 at any of the events, they will be moved into the varsity division to help score points. There is only one division for female student athletes, all female student athletes are competing at the varsity level on Wednesday, there is not Frosh/Soph division. The Top 3 competitors in each event will score team points in a 5-3-1 format. Relays award the winner of the event 5 points, no points are awarded to second place or below. The team with the most team points wins the dual. A score must score 74 points to secure a victory, if 74 points is achieved, there is no way the other team can overtake.
- **Student Athletes Stay the Entire Time.** All student athletes are expected to stay for the entire meet, supporting their teammates. We expect to be done competing around 7:00PM. The team will do a cheer at the 50 yard line after the conclusion of the 4x400s then we can head home.
- **Dual Meet Support.** There is a small possibility that El Dorado may not be as fully prepared as most schools and will need help. We appreciate in advance any parent/guardians who step in to help as needed.
- **Lancer Invitational at Cordova High School on Saturday, April 6th, 2024.** Please click [HERE](#) to see full results of the meet. Great job Diamondbacks!
- **Sacramento Meet of Champions at American River College on Saturday, April 20th, 2024.** We only had one student athlete hit an average entry mark for SMOC this year, so hopefully we get it next year! Both our 4x800 Meter Teams were submitted, so we will see if we get the opportunity. Click [HERE](#) to see the standards you must hit to be eligible. Confirmation that relays and individuals have been accepted will be communicated on Wednesday, April 10th.
- **Hal Clements Invitational at Bret Hart High School on Saturday, April 20th, 2024.** All student athletes must speak and communicate with their parent/guardians on if they are available for this meet. Click [HERE](#) to view meet information. There will be rides available. On Thursday, April 11th, we will open up the sign ups for events at practice ONLY. All student athletes at practice will get the link before anyone that does not make practice on Thursday. Be ready to commit! If you cannot make the meet, it is

okay to miss. However this is the last meet to get great marks for seeding purposes for the Sierra Valley Conference Championships. Entries for Hal Clements Invitational are due by Saturday, April 13th.

Update 3/21/2024

Congratulations to all student athletes, parents/guardians, and coaches who made it through a challenging week! We hosted our first dual meet, our invitational, student athletes completed their mid terms, and we survived daylight savings! We now have a two week break from competition so we can learn, practice, train, and get better from our competitions last week and heal up before the last month of the regular season.

After Spring Break, we have three major duals that are huge to team standings. We will then have only two more invitationals until the Sierra Valley Conference Championships. Student athletes want to ensure they are attending the invitationals because this is the best chance they have at attaining competitive marks that will help their seeding at the championships. We are in really great position on the conference and Division level with our current marks and our student athletes are starting to learn their events and our veterans know that April is an extremely important month in track and field.

Varsity competitors: Sacramento Meet of Champions is an elite meet on Saturday, April 20th. Click [HERE](#) to see the standards you must hit to be eligible. Relays and competitors must hit these marks by Sunday, April 7th to be eligible for this meet.

Below is a list of updates. We now have Google Folders for photos, volunteer sign ups for Rosemont/Bradshaw Christian Dual, information on elite meets, Spring Break practices, ect. Please read below and reach out if you have any questions, comments, or concerns.

Updates:

- **Team, Group, and Individual Pictures.** Bill Smith Photography has prepared and sent out a link to all the emails that are attached to Union Mine High School's Aries system. Please check your emails and spam folders for codes. If you are having issues, please contact a coach to trouble shoot.
- **Competition Photos.** If you have taken any pictures, with any type of device, please drop those pictures into the official 2024 Union Mine Track and Field Picture Folders. We will make the link available to the team. Please visit the website and look for "Photos". Click [HERE](#) for direct link.
- **Rosemont/Bradshaw Christian Dual on Wednesday, April 3rd.** We will host Rosemont and Liberty Ranch high schools. In order to receive your Frosh/Soph or Varsity Award, all student athletes must compete in every dual meet and the Sierra Valley Conference Championships. There are only small exceptions to this rule. We need all student athletes ready to compete at dual meets!
 - **Senior Recognition Night. All seniors, please work to have a parent/guardian with you on this date starting at 3:15PM. We will start the**

senior recognition at 3:30PM. Seniors, please [CLICK HERE](#) to complete a senior survey for the walk out.

- **Parent/Guardians: Please report to the home field stands. at the 50 yard line by 3:15PM to line up.**
- **Team will line up. creating a energetic and intense tunnel for families and seniors to walk through to the big UM**
- **Seniors, Families will hug/shake hands with coaches at the big UM and line up facing the home stands**
- **Announcer will announce information compelled by the senior.**
- **We will all take a large senior. family photo.**
- **Then we will proceed to compete and beat Rosemont/Bradshaw Christian in the dual starting at 4:00PM.**
- **Event Assignments.** All student athletes will have their events assigned to them by Monday, April 1st. We will send out a digital copy to parent/guardians Monday via email and Remind App. Most will not deviate from the Liberty Ranch Assignments.
- **Dual Meet Information.** Student athletes can compete in up to 4 events. If any male student athletes are in the Top 3 at any of the events, they will be moved into the varsity division to help score points. There is only one division for female student athletes, all female student athletes are competing at the varsity level on Wednesday, there is not Frosh/Soph division. The Top 3 competitors in each event will score team points in a 5-3-1 format. Relays award the winner of the event 5 points, no points are awarded to second place or below. The team with the most team points wins the dual. A score must score 74 points to secure a victory, if 74 points is achieved, there is no way the other team can overtake.
- **Student Athletes Stay the Entire Time.** All student athletes are expected to stay for the entire meet, supporting their teammates. We understand it is mid terms the next day, please support your student athlete by helping them organize their time on Monday/Tuesday night to get their studying in. We expect to be done competing around 6:30PM and done cleaning up around 7:00PM. The more parent/guardian volunteers we have, the faster a meet goes.
- **Dual Meet Support.** We need help! Sign up [HERE](#). If I see you in the stands on Wednesday....I may pull you down to go help in a field event area. Fair warning.
- **Spring Break Practices.** There will be non-mandatory, optional, and voluntary practices held all throughout Spring Break. Coaches are still patching together when they will hold specific event practices. Here is what we know for now, but we will update as they become more clear. If a student athlete cannot make Spring Break practices, coaches will send workouts to be completed anywhere around the globe so we are ready for Rosemont/Bradshaw Christian when we return.
 - **4x800, 800, 1600, 3200:** Monday-Friday 8:00AM-10:00AM. Monday, Wednesday, Friday @ Union Mine. Tuesday/Thursday off site at Magnolia Ranch or Sly Park.
 - **4x100, 4x400, 100-400, 100/110 Hurdles:** Monday, Wednesday, Friday 8:00AM-10:00AM in the stadium at Union Mine.

- **Shot/Discus:** Practice at regular time, regular location. 4:00PM-5:30PM in the stadium at Union Mine This may change, we will update.
 - **Pole Vault:** Practice at regular time, regular location. 4:00PM-5:30PM in the stadium at Union Mine This may change, we will update.
 - **Long Jump, Triple Jump, High Jump:** Tuesday-Thursday. 4:00PM-5:30PM in the stadium at Union Mine
- **Arcadia Entries.** The largest and highest caliber track and field meet in the nation is the Arcadia Invitational on Friday, April 5th-Saturday, April 6th in Southern California. All entries were due by Sunday, March 17th. Then student athletes have until Saturday, March 23rd to complete marks that exceed the standards. We have had only one student athlete or relay attain a mark that makes them eligible for Arcadia: Zach Wolf, High Jump, with the 2023 mark of 06-03. **Please see a list of marks [HERE, look all the way down at the bottom.](#)** They are extremely difficult to achieve, start to set some goals and work with coaches to set a plan to achieve these marks in the next few years of your track and field career! Previous years marks are considered for next year, but more weight is given to current year marks.
- **Lancer Invitational at Cordova High School on Saturday, April 6th, 2024.** Please check with your schedules to see if your student athlete can compete at this invitational. If the student athlete is available, the student athlete needs to complete [THIS SIGN UP](#) in order to be eligible to compete. The sign up is due by Friday, March 22nd. **DO NOT SIGN UP IF YOU ARE NOT 100% committed to competing.** We will alert all families and student athletes if they are competing and what events they are competing by Monday, March 25th via email, remind, and at optional practices. Click [HERE](#) for more meet information.
- **Student Athlete Event Sign Ups.** Please click [HERE](#) to sign up for their top 6 events. This will allow coaches to start to assign student athletes to specific practices throughout the week.
- **Time Trials.**
 - 100 Meter and 400 Meter Time Trials will be on Wednesday, February 21st. This will help Coach Whittle determine 4x100, 4x400 relay teams and give Coach Whittle data for workout targets.
 - 800 Meter Time Trial will be on Friday, February 23rd. This will help Coach Fujitsubo determine 4x800 relay team and give Coach Fujitsubo data for distance workout targets.
 - Field event trials will happen through the next two weeks. Check in with your field event coaches to find out more.
- **Uniforms/Warm-Up Distribution.** We will distribute uniforms and warm ups on Wednesday, February 21st and Friday, February 23rd next week. We have brand new uniforms for the girls team. Boys team will receive new uniforms next year.
- **Spike Night at [Gold Country Run + Sport](#). Monday, February 26th, 2024 from 6:00PM-8:00PM.** Pizza and drinks will be provided. All student athletes will get a custom

shoe fitting for training shoes and spikes. This includes throwers who would like running shoes. Please sign up [HERE](#) if you are interested in attending this event.

- **Saturday, March 2nd, 2024: Ron Ruptier Invitational at [Ponderosa High School](#).**
 - Please click [HERE](#) to see all information for the meet.
 - Please indicate your interest in this meet by clicking [HERE](#). If you are not available to compete, please help by completing the form so you communicate your absence.
 - Coaches will start to verbally check in with student athletes starting Thursday, February 22nd and communicate with student athletes if they have secured a spot in the meet and which events they are competing in.
 - Entries are due by Tuesday, February 27th at 8:00PM. A final roster will be sent to the team on this day to communicate to parents/guardians.
 - There is not transportation provided to this meet as it is a local meet. However, if a student athlete is invited and there is a transportation issue, please let a coach know so we can work out accommodations.
 - More information will be provided in terms of when student athletes should report to Ponderosa High School for their events. Student athletes may leave the meet after their final event and having checked in with a coach.
- **Practice Attendance Expectations:** Starting February 13th, we will be officially starting our [Google Form](#) for communicating absences, late arrivals, and early departures from practice. If any student athlete needs to miss practice, arrive late, or leave early they must use [THIS](#) form to communicate. Reminds, emails, and verbal discussion with Coach Fuji or other coaches will not be accepted. The purpose of this is that all coaches will have access to the document and be able to account for all of our student athletes on a daily basis. Starting February 26th, 2024, any unexcused absences will result in being disqualified from competition from the next scheduled competition. We allow student athletes to miss practices, but we need communication when this rare occasion occurs.
- **Practice Format:**
 - **3:50-6:00PM.**
 - **3:50PM:** Meet in the Stadium. Place all gear in the Connex Area. If there is bad weather, we will place gear in the Connex Box.
 - **3:50-4:05PM:** All event groups will meet on the field for a core routine to be completed together. We'll call this "Family Time". All student athletes will complete core, important information will be delivered, and attendance will be taken.
 - **4:05PM:** Team will do a team cheer and student athletes will report to their event groups.
 - **Sprinters(100, 200, 400 Meter):** Monday-Fridays with Coach Whittle.
 - **Spring Relays(4x100, 4x400):** Mondays and Fridays with Coach Whittle.
 - **Hurdlers(300, 100/110 Hurdles):** Mondays-Fridays with Coach Whittle.

- **Long Jump:** Tuesdays with Coach Marquardt. Sprinters, Throwers, Vaulters report to event coach after jumping. Monday/Fridays all jumpers working out with Coach Whittle.
- **High Jump:** Wednesdays with Coach Marquardt. Sprinters, Throwers, Vaulters report to event coach after jumping. Monday/Fridays all jumpers working out with Coach Whittle.
- **Triple Jump:** Thursdays with Coach Marquardt. Sprinters, Throwers, Vaulters report to event coach after jumping. Monday/Fridays all jumpers working out with Coach Whittle.
- **Throws(Shot Put/Discus):** Monday-Friday with Coach Brewer/Coach Wolford. Check in and check out with coaches if participating in other events.
- **Pole Vault:** Monday/Fridays are veterans only. Tuesday-Thursdays mix of beginners/veterans with Coach Meade
- **Distance(800, 1600, 3200, 4x800):** Monday-Friday with Coach Fujitsubo
- **Notes:**
 - All student athletes will sign up for Top 4 events they would like to compete in by Friday, February 23rd. Then starting Monday, February 26th, coaches will assign daily event practices for these student athletes based on their goals. There may be discussions had with student athletes on which events they should compete in for their individual and team goals.
 - Pure sprinters/relay student athletes report to Coach Whittle Monday-Friday for their workouts.
 - In order to be eligible for a 4x100 and 4x400 meter relay, you must be able to attend Monday/Friday Practices for hand off preparation.
 - Distance runners wanting to compete in different events, can report Tuesday/Thursdays to events. However, runners need to get a 30 minute run in at least to build up.
 - Hurdle work will be primarily Tuesday-Thursday.
 - If a student athlete wants to jump, they will need to report to practice on the designated days in order to practice. Coach Marquardt is talented, but he cannot be 3 places at once.
- **5:30PM-6:00PM:** Each event group will start to cool down, wrap up during this time and available for pick up.

Important Dates:

- Please click [HERE](#) to access the competition calendar. Please input all competitions in calendars. **Note: We are canceling the March 9th competition.**
- **Monday, February 19th, 2024:** No Sprint, Hurdle, Jump, Pole Vault Practice. Distance team will meet off campus for a run.
- **Wednesday, February 21st, 2024:** 100 Meter and 400 Meter Time Trials. Last Day to Sign Up for Events.
- **Friday, February 23rd, 2024:** 800 Meter Time Trial
- **Monday, February 26th, 2024:** Spike Night at Gold Country Run + Sport from 6:00PM-8:00PM. Starting this date, all student athletes will have assigned practice locations for the week, based on their event sign ups.
- **Saturday, March 2nd, 2024:** First Invitational. Ron Ruptier Invitational at Ponderosa High School.
- **Thursday, March 7th, 2024:** Individual, Group, and Team Pictures by Bill Smith Photography
- **Wednesday, March 13th 2024:** First Dual Meet. Liberty Ranch at Union Mine
- **Saturday, March 16th, 2024:** Mandatory 2nd Annual Sky Mote Memorial Invitational at Union Mine High School
- **Saturday, April 27th, 2024: Mandatory** Sierra Valley Conference Championships at Union Mine High School. **Everyone competes. Last day of competition for Frosh/Soph Girls and Boys**
- **Monday, April 29th, 2024:** 2024 Track and Field Banquet
- **Wednesday, May 8th, 2024: Varsity Qualifiers Only** Sac-Joaquin Section Division IV-V Prelims at Riverbank High School
- **Friday, May 10th, 2024: Varsity Qualifiers Only** Sac-Joaquin Section Division IV-V Finals at Riverbank High School

The UMHS Track & Field Team Picture Day is scheduled for: **Thursday, March 7th 2024!**

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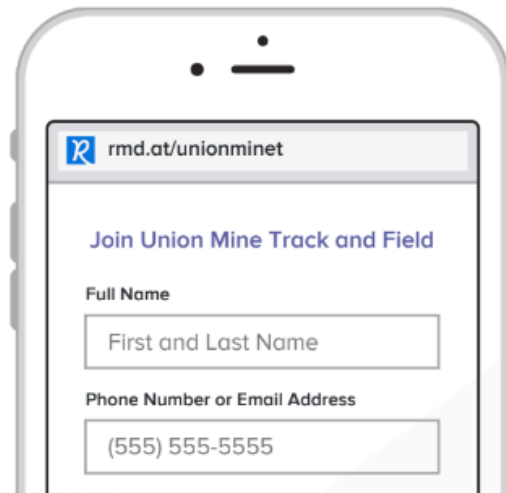
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