

Lodi Middle School Track & Field 2025

[Parent-Athlete meeting \(Click here for Presentation\)](#)



- Intros:
 - Paula Tonn, Head Coach. MS & HS Library Media Specialist. Sprints, Long jump
 - Gordy Beyer. MS Special Ed. Throws
 - Phil Paque. MS Cross Country Coach. Distance
 - Mark Schirra. MS Tech Ed. Sprints, Hurdles
- Communication:
 - Please communicate through email to Paula Tonn about attendance, injury, or other questions and concerns.
 - Email is preferred: tonnpa@lodischoolswi.org
 - Cell if urgent or emergency 608-438-3803 during practice or meet times only
- Information:
 - Coach Tonn will communicate with parents primarily through email.
 - All information will be available on MS Track & Field website and T & F google classroom
 - Meet info, results, copies of emails, etc.
 - <https://sites.google.com/lodischoolswi.org/lodi-ms-track-field/home>
- Season Goals
 - Encourage involvement and full participation by all!
 - Learn all about Track & Field! Learn how meets work, how to do all the different events, and how to train.
 - Work Hard by consistently giving your best effort with your best attitude. Learn how you are motivated and how to push yourself.
 - Gain Confidence in racing and competition by building mental toughness and calming nerves. You've got this!
 - Improve strength, endurance, quickness, agility, and speed to get Personal Bests or Personal Records (PR).
 - Have Fun! Cheer on your teammates, celebrate the good, take care of each other when it's tough, and enjoy each other's company. Track is fun!
- Athletic Physicals: You will have heard from Coach Tonn if yours is needed
- 2025 Season Overview:
 - Practice starts Monday, April 7 [PRACTICE CALENDAR](#)
 - Mon. April 21 Meet @ WI Dells 4:15p
 - Mon. April 28 Meet @ Reedsburg 4:15p
 - Thurs. May 1 Meet @ River Valley Invite 4:00p
 - Tues. May 6 Meet @ Baraboo
 - Thurs. May 15 Meet in Lodi
 - Thurs. May 22 Meet in Lodi

➤ **Practice:**

Prepare to practice outside everyday. We may on occasion only practice inside.

Snack

Water Bottle

Change of clothes (layers)

Good socks

*****Shoes made for running**

Communicate with coaches about having to miss/leave early, etc. We want to work with you and your other commitments. Let's talk :)

Practice will be dismissed from the Track or Gym at 5:00 sharp.

*It's the School District of Lodi Policy that coaches can't leave until everyone is picked up after practice or meets. Please be prompt.

➤ Injuries: Access to trainer, Paige Tews, and learning body awareness

➤ Practice: Distance Destination Wednesdays

Ms. Tonn is also the advisor for Trail Trekkers Hiking Club.

Athletes have the CHOICE to complete a destination distance workout with the hiking club on these 3 Wednesdays: **April 16, 23, and May 7**

Normal practice will run at Lodi Middle School too.

Track & Field parents will get an email the Sunday before to **fill out the RSVP form by noon Wednesday for their athlete to do the destination workout.**

➤ **Co-curricular Code of Conduct–ALL YEAR ROUND!**

- **Attendance, Academics, Behavior & Conduct in and out of school**
- **Social Media and on-line representation**
- **Sportsmanship expectations**
- **Use of Illegal substances, banned substances (alcohol, tobacco, vaping, THC, prescription or abuse of medications that don't belong to you, street drugs)**
- **Fan and parent code of conduct**

➤ **Middle School Meets:** Athletes can do 4 events (no more than 3 running or field)

- **Field events:** *Long & high jump, discuss, shot put...sometimes Triple jump & Pole vault*
- **Running Order of Events:**
 - 100 m Hurdles
 - 100 m Dash
 - 1600 m Run
 - 4 x 200 m Relay
 - 400 m Dash
 - 4 x 100 m Relay
 - 800 m Run
 - 200 m Dash
 - 4 x 400 m Relay

➤ Meets: Coaching philosophy

- Try different running events
- Learn all of the field events
- Refine what they are good at
- Have some choice
- Push themselves
- Feel confident in competition

➤ Meets: Dress for success

- Wear layers
- Avoid cotton in cold weather
- Wear rain gear (jacket and pants) if it's rainy. Use an umbrella.
- Bring a warm jacket, blanket, hat, and gloves if it will be below 60 degrees
- Uniforms are provided (jersey & shorts)
- If you want to wear long underwear, compression shorts, or tights under your uniform when it's cold, wear plain black.
- If you don't want to wear issued shorts, that's ok. **Make sure shorts you wear to meets are plain black.**

➤ Meets: All the things....

- Water
- Healthy food
- Money for concessions
- Uniform
- Shoes
- Warm-ups
- Blanket, umbrella, dress for the weather

➤ The expectation is the kids will participate in the events they are signed up for unless injured or sick.

➤ Track & Field is an individual sport AND a team sport, SO.....

➤ **Athletes should stay until the end of the meet (4x4 relay) to cheer on their teammates, unless excused by a coach.**

➤ **If athletes are NOT riding the bus home. Parents/caregivers must find a coach and physically sign out the child on the clipboard.**

➤ **Adults MAY NOT sign out other people's kids Unless there is a written note (or email) sent to the office during the school day. This CANNOT happen at the meet.**

➤ Thank you! We'd love to meet you :) C'mon over and introduce yourself.