### 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
- o Gordy Beyer. MS Special Ed. Throws
- o Phil Pague. MS Cross Country Coach. Distance
- o Mark Schirra. MS Tech Ed. Sprints, Hurdles

#### Communication:

- Please communicate through email to Paula Tonn about attendance, injury, or other questions and concerns.
- o 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.
- o 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

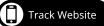
## Season Goals

- 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
- o 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
  - o Uniform
  - Shoes
  - Warm-ups
  - o 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.