



SRV Track & Field Weekly Update Feb 23

We made it through tryouts! It was a bit cold, but at the end of the two days, I think our athletes represented themselves really well. My favorite moment from the two days was watching **Bentley Parlett** help a fellow 400 runner get to the finish line. It was the true meaning of being a teammate, and it's what SRV as a whole strives to be.

I know that some folks were not thrilled with some of their times/marks. Keep in mind, cold tryouts are generally not going to produce PRs. At the end of the day, if you gave it your all on those days and left everything on the track, you did all that you could to succeed.

Don't forget, we added some time to the tryout standards, given the cold temps. I sent that info out on Friday night, but here are the adjusted marks again. ([Original Tryout Standards](#))

Girls	Boys
100- 15.1	100- 13.0
400- 71.0	400- 61.0
1600- 6:19	1600- 5:19

Please check the results below to verify that you did or did not make the team. A few of the names are incorrect in the 100, mostly the boys, but I think we've got that worked out now. If you did not make a standard, I encourage you to try again next year. Hit the weightroom, come to preseason, and train a bit on your own. Thank you to all who came out. We appreciate the courage that it takes to try out for a sport; it's not an easy thing to put yourself out there.

1. **Results** from the Team Tryouts/Trials
 - a. [Vertical Jumps \(HJ/PV\) & Hurdles](#)
 - b. [Horizontal Jumps \(LJ\) & Shot Put](#)
 - c. [Running Events](#)
2. The **discus tryouts** will be later on. Since soccer is still playing, we have not been able to throw the discus AT ALL. Throwers who have been working out with the throws group will have the opportunity to try out for discus later next week, depending on soccer's schedule.
3. **Team Photos/Media Day**- Those who made the team will take the team photo and individual photos (if you'd like) on Wednesday, Feb 25. [Photo Ordering Link](#) Athletes should wear their uniform top and black bottoms.



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4. **Uniforms-** Those athletes who are new to the team, or returners who want a new uniform, need to bring a \$75 check made out to SRV Track & Field to practice Monday Tuesday, or Wednesday, so they can get their uniform top. Athletes keep their uniforms, so there is no need to get a new one in subsequent years.
5. **Team Store-** If you'd like to order some optional SRV Track & Field gear, check out [the team store link](#). There are a ton of great options. My personal favorites are the sweatpants and the parka! Our store will close at 9:00pm on Friday, February 27. After the store closes, all orders will be labeled and shipped to school. The orders will be distributed to athletes once they arrive (2+ weeks).
6. **Team Donation-** We do ask for a \$400 donation to help fund the team. We have to pay for meet entries, equipment, timers & starters, coaches, shirts, etc. You can easily pay that through the [Future Fund Donation Link](#). We hate asking for money, but we need it in order to function as a team. Thanks in advance for your help!
7. **This Week-** We have a home meet on Saturday! We will offer most events but not all. We've got 4-5 other teams coming, and we've asked for their help running the meet. However, we do still need help handling our responsibilities. If you're going to make it out, please consider signing up for one of your 2 volunteer jobs this season. We've got manual work, announcers, marshalls, and so much more. It's a fun way to get involved and be down in the action!
 - a. [Sign Up Genius for Don of the Season](#)
 - b. [Don of the Season Information](#)
8. **Track & Field Website-** If you haven't checked out the website, head there for a wealth of information. srvhstrackandfield.com
9. **Instagram-** Captain Kyra Hansen runs our Instagram account. She'll post important updates and information. **Srvhs_trackandfield**

Lastly, I'll leave you with the wise words of Dieter F. Uchtdorf- ***"It's your reaction to adversity, not adversity itself that determines how your life's story will develop."*** If you are not happy with the way tryouts transpired for you, you can choose to be angry; you can choose to blame others; you can choose to use it as motivation; you can choose to see it as your starting point. No matter what, **you get to choose**. I hope you choose a positive path. Not only will that help your psyche, it can help those around you too.

Go Wolves! 🍌💚🐺