

Track and Field PAC Meeting Info

Welcome to the 2024 Track and Field season! Below you will find information on the upcoming season, including expectations, required equipment, and other necessary things to know before we start on **Monday, March 11th**.

Meet the Coaches

- Head Coach Ryan McCue - Sprints, Hurdles, Horizontal Jumps
 - rmccue@unitedsouthcentral.org
- Head Coach Nathan Scruggs - Distance, High Jump
 - nscruggs@unitedsouthcentral.org
- Assistant Coach Justin Dallman - Throws (Shot Put, Discus)
- Assistant Coach Jessica Woratschka - Distance, Vertical/Horizontal Jumps
- Assistant Coach Madison Klingbeil - Pole Vault

Communication

- Communication will be done through a “Remind” program. The coaches will send out important information and announcements, and any questions can be sent through this system as well.
- To join the Remind
 - **Parents:** text @uscactrack to 81010
 - **Athletes:** text @uscactf24 to 81010

Practice Schedule

- Practice starts Monday, March 11th.
- Practice is held Monday-Friday from 3:30-5:45.
- Athletes are expected to be at practice each day.

- Parents must send a message in the team Remind or an email to Coach Scruggs or McCue regarding an absence from practice.
- Unless there are unforeseen circumstances (illness, emergency, etc.), notification to the coaches should be made prior to the day of absence.
- If an athlete misses a practice without notifying the coaches, the penalty will be not competing in the following meet.

Meet Schedule

While these dates may be subject to change due to weather or other unforeseen circumstances, here is our schedule as of the beginning of the season:

3/11 - Practice Begins
 3/23 - Gopher Indoor @ MNSU
 3/25 - USC/AC Indoor @ MNSU
 4/9 - Viesselman True Team Invite @ USC
 4/12 - BEA Invite
 4/16 - Maple River Invite
 4/22 - Blooming Prairie Invite
 4/26 - BEA Invite
 4/30 - LCWM/N Invite
 5/7 - Section True Team @ USC
 5/11 - Gopher Conference Meet @ Medford
 5/23 - SubSection Meet @ USC
 6/1 - Section 2A Meet @ West
 6/6-6/8 - State Meet @ St. Michael-Albertville

*Junior High Meets are not included in this schedule. They will be posted once they are available on the track and field website.

Athlete Expectations

- Attending practice. Athletes will not be successful if they constantly miss practice.
- Positively representing the team at practice, meets, and both inside and outside of school.
 - Anything that an athlete does or says **in person or online** can affect how people view them and the team as a whole.

- Effort, attitude, and inclusion of all members of the team.
- Self-care. Athletes require proper nutrition, hydration, and sleep in order to remain healthy and perform their best.
 - Self-care includes stretching, icing, and other preventative care practices for maintaining healthy muscles.
- Passing grades. Track athletes are held to the same standard as other sports. If an athlete is failing a class, they will be put on “probation” and may not be able to compete at the following meet if they can not improve their grade(s).

Necessary Equipment

- Running shoes - Talk to one of the coaches if you need recommendations.
- Water Bottle
- Shorts and sweatpants
- Undergarments (Boys - Compressions shorts, Girls - Sports bra and spandex)
 - Undergarments for competition should be **all black**
- Cold weather gear (sweatshirts, hat, gloves/mittens, etc.)
- Equipment bag
- Spikes (Optional) - Talk to a coach before purchasing!

Parent Info

- Useful information will be posted on the USC-AC Track and Field website.
 - The link can be found on the USC school website.
- Make sure athletes have an updated sports physical and their MSHSL forms filled out.
 - If athletes already have these completed from other sports, they are good to go!
- How a meet works.
 - The usual “order of events” will be posted on the Track and Field website. Some meets may differ from the norm.

- You may come for just your athlete's events or to cheer on the entire team.
- **We encourage all athletes to take the bus to and from meets, because it keeps the "team feeling" in the sport. However, we do understand that there may be circumstances where they may need to come home with you. If this happens, the coaches need to be told beforehand, either through the Remind or an email.**
- Parent Expectations
 - Help keep athletes accountable. Make sure they are communicating with coaches, eating right, drinking water, getting sleep, posting responsibly.
 - Represent our team positively. We are all hoping for the same thing: having a successful program and positive experience for our kids. If you have any questions or concerns, please contact the coaches through Remind or email.
 - **Want to help out?** We need volunteers to help run some of our meets! You can contact Coach Scruggs or McCue after the meeting or through the Remind if you are interested in working an event at a home meet, working concessions, or helping out in any other way.