

GENEVA

TRACK & FIELD

20  **23**



Chop Wood



Carry Water

VIKINGS TRACK & FIELD
GENEVA HIGH SCHOOL

Dear Parents and Athletes,

Welcome to the 2023 season. This year we will have a combination of veteran core of coaches along with several coaches new to the program who will bring their knowledge, experience, and enthusiasm. As coaches, we will continue to build on the strong tradition of track and field here at GHS. My coaches and I are looking forward to a new track season, and with your help, I'm confident we'll succeed in having a fun and successful season on many levels.

Attached is our season schedule, along with rules, regulations, award criteria, and other important pieces of information.

ATTENDANCE:

Practice – Every athlete is expected to attend every practice. **Any season long conflicts with track (i.e.: club sports, work, other school activities) must be discussed with the head coach at the beginning of the season.** Practices are extremely important, because that's how we prepare for competition. Good track athletes are made through lots of consistent, hard work. Missing a practice is a missed opportunity to better yourself and the team. Practices will be held every day after school beginning at 3:15. Depending on the day, the workout, and the event your child is in; they may be over around 5:00 but time may vary. Please be flexible until you and your child get a better feeling of when practice will end. Arriving late or leaving a practice early will result in a tardy. After **two unexcused tardies**, an athlete will be **ineligible** for the next meet. A **third** tardy will result being **ineligible** for another meet, and a **phone call to the parents**. A **fourth** tardy will result in being **dismissed from the team**. **One unexcused absence** from practice will result in being **ineligible** for the next meet, and a **phone call to the parents**. **Two unexcused absences** will result in being **dismissed from the team**.

Number of Tardies/Unexcused Absences

	1	2	3	4
Tardy	Warning	Ineligible for next meet	Ineligible for another meet and phone call to parents	Dismissed from the team
Unexcused Absence	Ineligible for next meet and phone call to parents	Dismissed from the team		

If an athlete is absent from school, she is excused from practice. When a parent calls an athlete in sick to school, they must also call my extension, so I know they were not at school. Any other absence must be accompanied with a parent note and explanation. Failure to do so will result in an unexcused absence. If an athlete meets with a teacher after school for academic help and is late to practice, they will be excused with a pass from the teacher. If an athlete is injured, they are to still attend practice, as an athlete will still be able to help the team in some manner. If an athlete is absent from school, they may not practice nor compete that day. **Every athlete**, competing or not, is expected to be able to practice with the team **until the sectional meet**.

Meets – Attending a meet is even more important than practice. They are what we practice for, and are the ultimate evaluation opportunity. Please look at the attached schedule and plan around our meets. A **missed meet, excused or not** is a missed evaluation opportunity, and **may result in losing your spot in your events**. It is extremely important that if an athlete is unable to attend any of the meets, I am informed as soon as possible, and no later than **seven days in advance**. Typically meet entries are made a week in advance, and I need to know who's going to be there or not. **If a meet is missed, and I am not informed**, it will result as an **unexcused absence**, and being **ineligible** for the next meet. **Two missed meets** will result in being **dismissed** from the team. **Every athlete** needs to **be able to attend every meet, up to and including Conference**.

Bus – Track is a unique team sport consisting primarily of individual efforts, but it is still a team sport. An athlete may be finished with their events before others even begin, but the team's competition begins with the first event and ends with the last. Every athlete must arrive and stay for every event our team is competing in. The school provides a bus and due to insurance reasons, and IHSA rules, **every athlete** needs to **ride the bus to every meet**, and **may not compete if they do not ride the bus**. Please be on time for the bus, as we will not wait to leave for a meet. Please arrive **10 minutes** before the bus is scheduled to leave. **Every athlete** must also **ride the bus home** with the only exception being a **family emergency and a parent note**. An athlete may **only leave with their parent after the meet has finished**, not when they are done competing. *An athlete may not leave early from a meet. If they cannot stay for the entire meet, they cannot compete.*

Cell Phones – With the exception of necessary situations, don't bring them to practice. Athletes should be focused on their practice at hand instead of messing with their phones. Phones should be kept in their lockers for safe keeping. This should hopefully eliminate any issues with lost/stolen phones and distractions at practice. Most of the time, there is no reason for track athletes to be on their cell phones at practice. To be on this team, athletes need to be able to survive for 2+ hours without their phones. It is more than acceptable for an athlete to call home for a ride once practice is over.

TRACK & FIELD

COACHES:

Head Girls – Sprint Coach – Peter Raak

I have been coaching track here at GHS since 2003, and have been Head Girls' Coach since 2006. Along with the Head Coach responsibilities, I will also coach the sprinter group of athletes. I have also coached cross country since 2002. I competed in cross-country and track at Libertyville High School and at the University of Vermont. While at both Libertyville and the University of Vermont, I served as team captain of the cross country and track teams during my senior year. I also teach science here at GHS.

Asst. Throws – Jessica Dirck

Coach Dirck has is another coach with some GHS Track and Field history of her own, as she was a thrower in the program back in the day. We always appreciate when former athletes come back to the program. Over the past years she has continued to grow and build the girls' throwing program here at Geneva. Coach Dirck has two daughters at who are big into dance and also teaches special education at GMSS.

Asst. Distance – Chris Palmquist and Margaret McDonnell

Coach Palmquist and McDonnell will share coaching duties again this year as they continue to build a solid core of distance runners. Coach Palmquist is also a professional triathlon coach and has coached at the Paralympics for team USA. Coach McDonnell also coaches xc at Geneva Middle School North and was a top tier runner back in her college days at Iowa State. To this day, she continues to run and compete in road races and triathlons. With their experience and knowledge, both Coach Palmquist and McDonnell are wonderful role models to help guide the girls with their distance training and racing.

Asst. Sprints/Hurdles – Boone Thorgesen

Coach Thorgesen is in his fifth year of teaching and coaching here at Geneva High School and can build on his previous years of experience. Coach Thorgesen graduated from Kaneland High School, where he competed in football, basketball, and track and field. From there, he went on to Northern Illinois University where he continued to play football. Upon graduating from NIU, Coach Thorgesen taught PE at Plano High School and also coached football, basketball, and track and field for 4 years. Now at Geneva, Coach Thorgesen teaches PE and also coaches football.

Asst. Sprints and Horizontal Jumps – Tony Swaekauski

This is Coach Swaekauski's 4th year with the program. He has also been the head track and field coach for other schools before coming to Geneva. Coach Swaekauski

also brings with him a bunch of enthusiasm and love for the sport of track and field. Back in the day, Coach Swaekauski was a hurdler at North Central College.

Asst. Sprints and High Jump – Eric Manuel

While this is Coach Manuel's 2nd year with Geneva Track and Field, he is certainly not new to coaching the sport of track and field. He has coached track for over 30 years, most of which as head boys' coach at Glenbard North. Along with all of his experience, he is still very passionate about the sport and is excited to explore a new coaching role with Geneva track and field.

Asst. Pole Vault – Rick Romano

Coach Romano started as a volunteer parent and has continued to coach the pole vaulters the past several years. He was a vaulter back in high school and although much has changed, his passion has not. Coach Romano has a big heart and calls it as he sees it. He's always thinking of ways to help make his vaulters better.

Coach Dirck, Thorgesen, Palmquist, McDonnell, Swaekauski, Manuel, Romano and I will use our experience and knowledge of track and field to guide you to a fun and successful season. We hope that you trust in us to help you get the most out of your track and field experience. I want to make it clear that we will be available to you and your parents as much as possible. If a conflict arises, please let us know immediately. Remember that we're here for each and every one of you, and we will treat you with respect and expect the same in return. Please find at the end of this memo the ways we can be reached.

I hope you find this packet/handbook to be helpful and informative. It has most of the necessary information to survive the season. I apologize if I left anything out. Please make sure you read through everything for understanding. If you have any questions, don't hesitate to call. Please go through this booklet with your parents and verify that everything has been read and understood. Here's how we can be reached:

Peter Raak: Cell Phone – 847-471-0514
 Work Phone – 630-463-3922
 Email – praak@geneva304.org

We're all looking forward to another fun, successful, and rewarding season!
Genuinely,

Peter Raak Boone Thorgesen Jessica Dirck Chris Palmquist
Anthony Swaekauski Margaret McDonnell Eric Manuel

AWARD CRITERIA:

Freshmen- All freshmen will receive numerals. Freshmen can earn a Varsity "G" if they compete at the varsity level in a **limited entry, outdoor, varsity invitational meet 3 times out of a possible 6** of these meets for an athlete to compete in. If an athlete competes in one of the top 2 in their event for several meets, but not quite 3, they are eligible to receive a Minor "G."

Sophomore- All sophomores will receive a Minor "G." Sophomores can earn a Varsity "G" the same way as a Freshman. See above.

Junior- All juniors will receive a JV pin. Juniors can earn a Varsity "G" in the same manner as Freshman and Sophomores. See above.

Senior- All seniors will receive a Varsity "G".

A certificate may be awarded if an athlete has already received a previously earned letter.

To be considered for an award or letter, in addition to the requirements above, an athlete must **complete the season in good standing**. A completed season continues until the Sectional meet for everyone and the State meet for those who qualify. The following criteria will be used and are expected of an athlete to **complete the season in good standing**.

- Effort in practices and competition
- Punctuality and attendance
- Commitment to one's self and team
- Responsibility and accountability
- Good Sportsmanship
- Respect for coaches and teammates
- Demonstrates appropriate behavior as a representative of GHS
- Academically Eligible
- Complete all obligations in regard to equipment and uniforms
- Adhere to the GHS Code of Conduct
- Coaches' discretion

Above all, have fun. Enjoy the accomplishments this season will bring you with hard work, dedication, and commitment. Winning an award is an honor and a privilege, not a gift. It has to be earned and achieved.

CAPTAINS:

On and off the track, captains should always exhibit dedication, commitment, make the right decisions, be a positive role model, have the ability to give direction, and respect of his/her peers. They must be able to put the team ahead of themselves and embody what it means to be a Geneva Track and Field athlete. A captain does not just lead her friends, or event group, but is cognizant of the entire team's needs. Captains are an extension of the coaches, and being a leader carries with it responsibility. They must be willing to take charge and accept this responsibility. Captains will be expected to set the example for the rest of the team and hold them accountable to the rules and expectations. This is your team; make it into something you are all proud of.

MOST VALUABLE TRACK AND FIELD AWARD:

The coaches will vote for the award winners at the end of the season. One track athlete and one field athlete will be selected for this Varsity award. All Varsity athletes will be carefully considered. This person may not have been the team's best athlete or scored the most points, as there are many other valuable ways to contribute to the team. Attributes taken into account are: leadership, positive role model, encouragement to others, and points scored.

MOST IMPROVED AWARD:

One athlete will be selected for this Varsity award. The coaches will again select the athlete who has shown the greatest improvement from last year. An athlete must have competed in track and field for at least two years; no freshman, nor newcomer to the program will be eligible for the award this year.

HEART AND SACRIFICE AWARD:

In my mind, this is one of the most valuable awards given. Track is a sport with many different events and different needs. This award is given to an athlete who has unselfishly given themselves to the team to help in any way possible. This award is meant for an athlete who fills a relay spot at the last minute, never gives excuses, digs deep and toughs out an event when they are not feeling the greatest, and any other personal sacrifices made for the team.

UNIFORMS:

Some of our uniforms and warm-ups are brand new this year, while the others are still in good shape. Everyone will receive a uniform and warm-ups, but if our numbers are higher than we have new uniforms, we will have to issue our freshmen older uniforms that are still in good condition. It is expected that all issued equipment is returned at the end of the season in the same condition as it was issued. Normal wear and tear is expected to happen. If any freshman moves up to the varsity level, they will receive a varsity uniform.

It is expected that all athletes will wear their warm-ups and uniform for meets and meets only. While you are at a meet you represent GHS and you will wear school issued warm-ups and uniforms. At practice, you are not to wear our meet warm-ups and uniform. If a warm-up or uniform is lost or damaged, a fee will be assessed. A damage fee will be determined based on severity of the damage.

Replacement costs are as follows:

Singlet:	\$35.00
Warm-Up Top:	\$50.00
Backpack:	\$30.00

Geneva Vikings
Girls' Track & Field
Expectations

- 1) **Commitment:** You are either **in** or you are **out**. There is no in-between.
- 2) **Learn to sacrifice...**time, comfort, recognition, self-interest, rewards, ease, etc.
- 3) **Respect:** It is essential that you respect your coaches and teammates. When a coach talks, listen. When a coach asks you to do something, do it and do it right. Don't do it how you think it should be done, don't do it so it seems less dorky, don't do it so it's easier/slower/shorter (see #2), but do it how the coach expects it to be done. Blowing off a drill, exercise, lift, or run, is a blatant disrespect to the coach and to the rest of the team.
- 4) **Excellence is not a destination...**it's a long, grueling process. Those who feel they can get by on competition day with talent alone will soon be passed by those with lesser talent who work harder. There is no place to hide on the track. What you do and what you don't do will be obvious.
- 5) **Smile...** it's contagious.
- 6) **Teamwork** is the essence of life. It's how to blend the talents and strengths of individuals into a force that becomes greater than each individual. Teamwork isn't easy. Talent and desire aren't the only ingredients to a successful team; it also takes cooperation, communication (see #19), trust, and emotion. Doing one's best for the team will bring good. It's what you can do for your team, not what your team can do for you.
- 7) **Always** do more than the minimum, even if no one will know
- 8) **Loyalty and Trust:** Teammates must have an unspoken bond between one another. You don't have to be best friends or hang out with them, but on the track, they are your teammate. You've got their back, and they've got yours...you trust them, and they you...you respect them, and they you. To be a winning team, it must be a big, strong "family." Every champion has a great training partner who pushed them. No one is above the team...no one is below the team (see #6).
- 9) **Time...**If you are early, then you're on time...If you are on time, then you're late...If you're late, don't be late (see #1 and 2).
- 10) **Say thank you**
- 11) **Winning:** Compete to win...not to avoid the loss
- 12) **Complacency...**be proud of any achievement you have made...but continue to strive further and faster (see #4 and 7).
- 13) **Tomorrow:** Whether it comes after a stunning victory or a crushing defeat...there will always be another competition.
- 14) **Push it:** You must go beyond what you consider yourself capable of, because you can.
- 15) **Confidence:** Step to the line with confidence...confidence in yourself, your training, and your coach. Great champions earn a reputation of invincibility, and the race is often over before it begins. When you are dressed the same, warm up together, do the same drills, stretches, and strides together (in other words, you

look serious), other competitors take notice and lose confidence. It may seem silly, but it works. Be the ones the competition talks/worries about. Be the ones who have the reputation of invincibility. Win the race before it begins.

16) Responsibility: Be responsible for yourself. It's not your mom's, dad's, coaches', or janitor's job to get you where you need to be on time (see # 9) or pick up after you.

17) Success: It's an everyday thing (see # 1).

18) Attitude: Come to practice with a positive attitude (see #5) and ready to work. Whatever happened during the day, ended when the last bell rang. Don't take your frustrations out on your teammates, coaches, or parents. Success is based on overcoming disappointments and bad days.

19) Communicate: Respectfully, openly, clearly, and honestly.

20) Championships are not won by those who have an unceasing drive to be the best, championships are won by those who have an unceasing drive to be the best and follow through on a daily basis (see #17).

21) Learn: Come to practice with an open mind and prepared to learn. No matter how much you know, or think you know, there is always more to learn.

22) Weakness: Everyone has weaknesses. Identify yours. Don't hide from them or be ashamed of them, but work on them. Make your weakness your strength.

23) Fear: Without fear, there is no courage. It's ok to be afraid, but you must be courageous enough to overcome it (see #14 and 24).

24) Moment of Truth: In every event there is a deciding point, when the pain sets in...your muscles ache, lungs yearn for air, and your brain says, "I can't." It is this exact point that distinguishes winning and losing..."The moment of truth." The true athlete looks for the moment and seizes it by responding, "I can, and I will" giving it an unexpected burst of energy. If you do this, no matter what place you finish, you have won!

THE EDGE

The coach said to his athletes:

“Come to the edge.”

They replied:

“We might fall.”

The coach said again:

“Come to the edge.”

And they responded:

“It’s too high.”

“Come to the edge,”

The coach demanded.

And they came

And the coach pushed them

And they flew

ORDER OF RUNNING EVENTS

4x800 - Meter Relay
4x100 - Meter Relay
3200 - Meter Run
100 – Meter High Hurdles
100 – Meter Dash
800 – Meter Run
4x200 – Meter Relay
400 – Meter Dash
300 – Meter Low Hurdles
1600 – Meter Run
200 – Meter Dash
4x400 – Meter Relay

While you are waiting, warming up for, or cooling down from your event, stop by and cheer on and support your field event teammates and vice versa.

Blue Smoke
Lady Vikings Team Warm-Up

Attendance and 4 laps/800 meter jog 3:15

Stretches – 12 seconds each 3:25

1. Legs spread straight down/left/right
2. IT Band Straight Legs Crossed
3. Quads left/right
4. Butterfly
5. Hug your knee left/right
6. Hurdle Stretch left/right
7. IT Band Roll Back
8. Buddy Stretch Hamstrings
9. Buddy Stretch Shins
10. Leg swings
11. Calves

Core – Situps and Pushups 3:35

Drills - 3:40

1. High Knees
2. Butt Kicks
3. Stick Man
4. Skip “A”
5. Skip “B”
6. Lunges
7. Heel walks
8. Standing figure 4’s

Finish cheer/clap 3:50



GIRLS' RECORDS



EVENT	RECORD	NAME(S)	YEAR
800m Medley	1:51.70	N. Stone, M. Baker, A. Poynor, K. Smudde	2005
4x800m Relay	9:14.33	R. Hammond, M. Heuer, K. Shogren, K. Whitley	2009
4x100m Relay	49.56	M. Temple, H. Davison, J. McCloughan, H. Ignoffo	2012
3200m Run	10:39.37	McKenzie Altmayer	2016
100m Hurdles	14.92	Alissa Dappas	2010
100m Dash	12.33	Ndidi Ukaobasi	2016
800m Run	2:09.35	Kim Smudde	2005
4x200m Relay	1:43.79	E. Miller, A. Dappas, B. Staples, S. Hill	2008
400m Dash	57.41	Foster Ignoffo	2014
300m Hurdles	44.66	Alissa Dappas	2010
1600m Run	4:51.39	McKenzie Altmayer	2016
200m Dash	25.17	Ndidi Ukaobasi	2016
4x400m Relay	3:54.58	E. Miller, T. Wickware, A. Dappas, S. Hill	2009
Shot Put	40'4"	Cassidy Harris	2000
Discus Throw	114'0"	Cassidy Harris	2000
High Jump	5'7"	Kristin Higgins	2017
Long Jump	17'4.75"	Kailie Briza	2012
Triple Jump	38'7.75"	Kelly McCloughan	2021
Pole Vault	13'3"	Sarah Landau	2004

Stay informed

Team website:

<http://gvxc.net/girls-track-field/>

Team emails:

<http://gvxc.net/subscribe-to-our-email-list/>

Twitter: @ghs_girls_track