## 2025 Monroe Track and Field Parent/Athlete Meeting















## Your 2025 Track and Field Coaching Staff

**Head Coaches:** Eric Jubeck(girls), Scott Mosher(boys) Sprints: Eric Jubeck, Shawn Paulson **Distance:** Scott Mosher, Patrick Cleary, Trisha Barker **Throws:** Gerry Herbst, Carol Ochsner **Hurdles:** Tyler Witt, Eric Jubeck **PV:** Elliot Zettle HJ: Scott Mosher **TJ:** Tyler Witt, Patrick Kenny

LJ: Patrick Kenny, Tyler Witt

### BOYS & GIRLS ATHLETES and PARENTS!

In order to be able to connect with everyone about important information or reminders, please sign up for SportsYou by following the steps listed to the right.



### sportsYou



You've been invited to join

#### MHS Track & Field

Use your unique access code below and follow the instructions.

# Access Code

#### Join via Website

#### New Users

- From your computer, phone, or tablet, visit sportsyou.com
- 2. Click Get Started and enter your email
- 3. Go to your email and click Confirm Your Email
- Click Enter Access Code to enter code, then finish setting up your account

#### Join via App

#### New Users

- 1. On mobile device download sportsYou app from the App Store (iOS) or Google Play Store (Android)
- 2. Open the sportsYou app and tap Create Account
- Tap Enter Access Code to enter code, then finish set up

**History of Monroe Track and Field** 44 Team Conference Championships **33 Individual or Relay State Champions** 2 Current State Record Holders (boys 4x800, 1600) 2 Team State Championships (1966, 2014) Boys (2nd) & Girls (3rd) place all-time school record in Wisconsin

### Schedule

### Practice Times

- Monday 3/10 First Day of Practice 3:40-5:30ish.
- All Practices Monday Thursday at 3:40 end time 5:30 ish
- Fridays will be at 1:45 (only a few non-meet Fridays)

### •Meets (details on a following slide)

- Invitational meets: Usually Varsity only
- Dual / Tri all athletes compete
- JV Meets: (JV Conference, Frosh/Soph, Blackhawk Invite / Darlington)

#### HOME Meets (dates on a later slide)

- Glendenning Invite on April 3rd
- Triangular meets on April 8th & April 29th
- We also host JV Conference (May 20th) and Regionals (May 27th)
- Senior Night April 29th

Spring Break - March 23rd - 31st (next side)

## **First 4 Weeks of Practice**

			2025 Monroe	Track & Field				
		Early Sea	son Practice Sche	dule - Weeks 1 th	rough 4			
	Week 1 March 10th - March 16th							
Date	Mon Mar 10th	Tues Mar 11th	Wed Mar 12th	Thur Mar 13th	Fri March 14th	Sat Mar 15th	Sun Mar 16th	
Time	3:40 - 5:30ish	3:40 - 5:30ish	3:40 - 5:30ish	3:40 - 5:30ish	3:40 - 5:30ish	OFF	OFF	
Location	Auxilary / Main Gym	Auxilary / Main Gym	Auxilary / Main Gym	Auxilary / Main Gym	Auxilary / Main Gym			
			Week	2 March 17th - 23rd				
Date	Mon Mar 17th	Tues Mar 18th	Wed Mar 19th	Thur Mar 20th	Fri March 21st	Sat Mar 22nd	Sun Mar 23rd	
Time	3:40 - 5:30ish	TBD	3:40 - 5:30ish	3:40 - 5:30ish	Boys 1:45 practice	OFF	OFF	
Location	Auxilary / Main Gym	UWP - Indoor	Auxilary / Main Gym	University of Dubuque	University of Dubuque			
		Boys & Girls		BOYS	GIRLS			
			Week 3 SPRIN	G BREAK March 24th	- 30th			
Date	Mon Mar 24th	Tues Mar 25th	Wed Mar 26th	Thur Mar 27th	Fri March 28th	Sat Mar 29th	Sun Mar 30th	
Time	TBD	TBD	TBD	TBD	TBD			
Location	will meet in a gym if cold	will meet in a gym if cold	will meet in a gym if cold	will meet in a gym if cold	will meet in a gym if cold	Ripon Indoor		
 **	* Speciality area coaches may h	nave practices scheduled for t	imes to work with specific at	hletes for those that are arou	nd during spring break week	. More info as we get	closer***	
				Week 4				
Date	Mon Mar 31st	Tues Apr 1st	Wed Apr 2nd	Thur Apr 3rd	Fri Apr 4th	Sat Apr 5th	Sun Apr 6th	
Time	TBD	TBD	TBD	Glendenning Invite	TBD	OFF	OFF	
Location	Indoor or Outdoor	Indoor or Outdoor	Indoor or Outdoor	HOME	Indoor or Outdoor			

## **Meet Schedule**

#### 2025 Monroe High School Track & Field Meet Schedule

	2023 Monioe right School flack & Field Meet Schedule					
	Date	Meet	Location			
	Monday, 3/ 10/ 2025	PRACTICE BEGINS	MHS Aux Gym			
	Tuesday, 3/ 18/ 2025	UW-Platteville - Indooor	UW-Platteville			
	Thursday 3/20/2025	Dubuque Invite (Boys) - Indoor	University of Dubuque			
	Friday, 3/ 21/ 2025	Dubuque Invite (Girls) - Indoor	University of Dubuque			
	3/22 - 3/30	SPRING BREAK	Practice Schedule is on the back			
	Saturday, 3/ 29/ 2025	Ripon Showcase Meet	Ripon College			
	Thursday, 4/ 3/ 2025	Glendenning Invite	Monroe High School			
	Saturday, 4/ 5/ 2025	WTFA @ UW-Whitewater - Indoor *** Non definitive***	UW Whitewater *** Not definitive***			
	Tuesday, 4/ 8/ 2025	CONFERENCE HOME vs D-D & Jefferson	Monroe High School			
	Friday, 4/ 11/ 2025	McFarland Invite	McFarland High School			
	Tuesday, 4/ 15/ 2025	CONFERENCE @ Whitewater with D-D	Whitewater High School			
	Tuesday, 4/ 22/ 2025	CONFERENCE @ D-D with East Troy	Delavan-Darien High School			
	Friday, 4/ 25/ 2025	Sauk Prairie Relay Invite	Sauk Prairie High School			
	Tuesday, 4/ 29/ 2025	CONFERENCE HOME vs. Brodhead & Evansville	Monroe High School			
	Friday, 5/ 2/ 2025	Badger Invite	Lake Geneva / Badger High High School			
	Tuesday, 5/ 6/ 2025	CONFERENCE MEET - Valley	Jefferson High School			
	Thursday, 5/ 8/ 2025	Blackhawk Invite	South Wayne WI			
Friday, 5/ 9/ 2025 Monday, 5/ 12/ 2025		Tider Invite	Edgerton High School			
		Darlington Redbird	Darlington High School			
	Friday, 5/ 16/ 2025	CONFERENCE	Brodhead High School			
	Tuesday, 5/ 20/ 2025	JV CONFERENCE	Monroe High School			
	Thursday, 5/ 22/ 2025	JV CONFERENCE - Frosh/Soph	Evansville High School			
	Tuesday, 5/ 27/ 2025	REGIONALS	Monroe High School			
	Friday, 5/ 30/ 2025	SECTIONALS	McFarland High School			
	Fri & Sat 6/6 & 6/7	STATE	UW La Crosse			

## Clothing

### **ALWAYS HAVE CLOTHING TO BE INDOORS AND OUTDOORS!!!**

- We will be going outdoors whenever the weather allows us.
- Wisconsin spring weather changes often. Be prepared!

### **DURING MEETS IT IS ALWAYS 10 DEGREES COLDER ON THE TRACK**

- Have more clothing at meets than you need.
- Rain? Wind? Extra shoes?
- Waterproof bag(s)?

## **Running Shoes / Spikes**

New running shoes at least annually

- Shoes age after a few hundred miles - lead to injuries

Spikes / speciality shoes

- Not mandatory, but nice to have
- Moving Shoes / Fleet Feet in Middleton/ Dicks Sporting Goods

## **Track Bottoms**

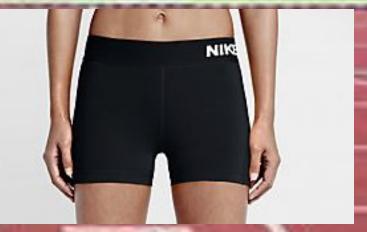
You will be responsible for purchasing your own track bottoms for competition. (NON-THROWERS ONLY)

Because of relay rules, they must all match. Please purchse:

Rules have become more lenient over the years, but:

**MUST BE BLACK** 

**Note: The Cleary Rule** 





### **Clothing Order - Heartland Graphics**

We will do this quickly in the first week, so we can have apparel quickly - due date will be Friday, March 14th

Heartland Graphics always has a nice selection of other Monroe apparel.

Senior Banners - Friday 1:30 - 4:00. We will have uniforms ready for athletes to use in the aux gym

#### MONROE TRACK ORDER FORM



A. 50/50 Tee \$18 ea. Jerzees 29MR Choose: RED or BLACK

B. 50/50 Long-Sleeve Tee \$21 ea. Jerzees 29LSR Chaose: RED or BLACK

RED/BLACK ONLY

C. 8 oz. Crewneck \$30 ea. Gildan 18000 Choose: RED or BLACK



\$35.68.

Gildan 18500



F. 29"W Duffel \$40 ea.

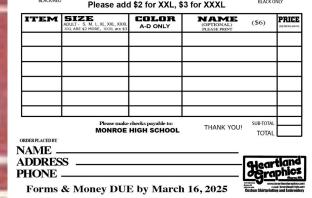


Lightweight Poly GB400

Grev/Red



H. 8 oz. Sweatpants \$30 ea. -Open Bottom Gildan 18400 BLACK ONLY



## New Uniforms in 2024

Costs split between Booster Club and our fundraising



### **Fundraiser - Brat Stand & Apparel Order**

Brat stand - thanks to those that helped

 Apparel Order - Heartland has been very supportive of our programs, support us by ordering clothes

 Donations - thanks to a few very nice anonymous donations, allows us to not grind for money this season.

## **The Booster Club**

The Booster Club has been very generous with the Track program:

- Sprint equipment new this year
- \$3500 for uniforms last season
- Hurdles
- Starting blocks
- Funding for new shot/disc and implements cart
- Join us Friday, March 7th for their annual event

Parents, please volunteer your time. You do not need to join the Booster Club, but offer to help...<u>especially when your child is NOT in</u>

season.

## **Athletic Code**

Code Violations

Be smart as the school year winds down!
Road Races / non school events
Grades / Attendance
Start Tri 3 off strong!
ONLY 1 'free' missing class

## **Nutrition / Hydration / Rest**

Rest

- Blood Drive DO NOT DO
- The body cannot recover without proper rest

•Water

-Water Bottle in school is a MUST

-It takes 21 days to hydrate fully

•Normal Diet

-Carbs = Energy, Fats #2, Proteins repair muscle

Post Workout

-Replenish Carbs, Proteins within 30 minutes

Pre-Meet

-3-4 hours prior, Carb rich, avoid grease & carbonation

## By the First Day of Practice

Turn in any missing forms/fees to the office
Meet in the Aux Gym at 3:45 for Practice
Wear warm clothes to go outside
Pick up "the book" & other paperwork

## **Questions?**

- Email Coach Jubeck ericjubeck@monroe.k12.wi.us
- Email Coach Mosher <u>-scottmosher@monroe.k12.wi.us</u>

Do not hesitate to contact us - always better to over communicate than under communicate.