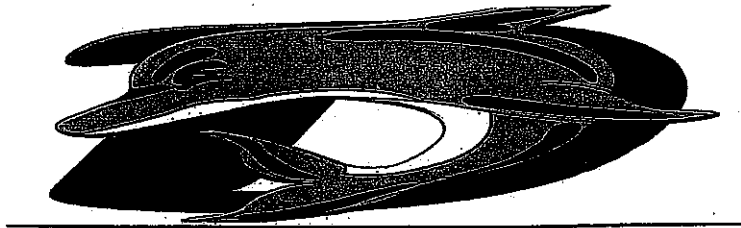


Deubrook Track and Field: Spring 2018

"Dolphin Pride"



Coaching Staff: *Rachelle DeBeer, Brad DeBeer, Tim Cariveau, Paul Ekern.*

Track Benefits

1. Mix of both team and individual races. You get the benefits of having teammates, but you also get a chance to compete on your own.
2. You will improve in all of the following:
 - a. Endurance
 - b. Speed
 - c. Strength
 - d. Agility
 - e. Learning to Compete in tough/pressure situations
 - f. Explosiveness
 - g. Flexibility
 - h. Fitness and Posture
3. Track is the best way to prepare for team sports such as Football, Volleyball, and Basketball--- it will help you improve your athletic ability for all of those sports. It is also a great supplement for Cross Country.
4. You will become mentally tougher through track workouts and track races.
5. It is a great way to socialize- you get to compete with and meet many athletes from other schools in a less hostile environment.

Lettering Policy

*****The following criteria will be used to determine letter winners:**

- 1. Zero Unexcused Practices**
- 2. Great Effort and Attitude Daily**
- 3. Contribute to the Varsity team at both the DVC and Regional meets.**
- 4. Competing Member of a Conference or Regional Championship Team.**
- 5. Earn 10 or more team points during the course of the varsity season.**
- 6. Qualify for the State Track Meet.**
- 7. Complete the season.**
- 8. Coaches Discretion.**

Attendance and Practice

- 1. You are expected to be at practice every day. You must communicate with your head coach in advance of missing a practice to determine if it is an unexcused practice or not. Unexcused practices are basically missing practice without telling a coach. Appointments should be made around practice time if possible. If you miss a day of school for a school activity (FFA for example) you are still expected to practice when you get back or before you leave. Just communicate with your head coach and all will be well. The only way you improve is by practicing every day—if you miss practice you will not perform at your best. PRACTICE IS THE BASE OF ALL WE DO—IT IS VERY IMPORTANT!!!**
 - a. **You must have 10 practices completed to compete in the first meet.**
- 2. Junior High Wednesday Practice**
 - a. Wednesday Night Practice protocol for all Junior High Students**
 - i. If you have Church after school, go to church**
 - ii. If you have Church in the evening, come to practice and get better—then go to Church in the evening**
 - iii. If you don't have Church, come to practice and get better**

3. **Varsity Members:** The last two weeks of the season (regions and state) occur after school is out. We will have afternoon practices those two weeks so please plan accordingly.
4. **Injured Members:** If you get injured, you are expected to go to the doctor and work with the trainer to return back to practice and competition as soon as possible. Proper stretching, warm-up, and cool-down will all help to avoid most injuries. If you are having constant pain, you need to communicate with your coach and we will work with the trainer to get you healthy.

Rules and Expectations:

1. **Come to Practice Every Day.**
2. **Work Hard Every Day.**
3. **Have a Positive Attitude Every Day.**
4. **Respect your teammates, your coaches, and your opponents.**
5. **All athletes will wear shirts to practice.**

*****Come prepared to practice every day (water bottle, shoes, spikes, t-shirt, shorts, socks, sweatpants, sweatshirt, stocking cap, gloves).**

*****School must be a priority. Do your homework, study, stay organized. If you are going to miss class for a meet, you must check with your teacher beforehand and get your make-up work done. Be responsible.**

6. **Support your teammates at meets by staying the entire meet and cheering on your teammates if your events are done.**
 - a. **You may check out after the conclusion of the meet to ride home with your parents by having your parent or guardian sign you out with a coach.**
 - b. **You may not ride home with a friend.**
7. **Parents cannot be in the competitor area (track/infield/pits) during meets; you must sit in the bleachers or designated area for field events.**
8. **Be flexible. We will communicate with you as soon as we know of a change. Sometimes, the weather can be tricky and changes our schedule.**

Junior High Participation

It is entirely possible for a junior high athlete to get the opportunity to participate in a high school meet. This could be dependent on the type of meet we are attending or the numbers of competitors allowed. It does not mean that all junior high athletes will participate in high school meets. We try not to overrun athletes or take them out of school three times a week to attend various track meets.

TEAM GOALS 2018

- 1. Work Hard and Have Fun Every Day!**
- 2. Get Better Every Day; Give your Best Every Day.**
- 3. Perform at best in May at the big meets:**
 - a. Howard Wood**
 - b. Dakota Valley Conference Championships**
 - c. Region Meet**
 - d. State Meet**

State Qualifying Standards/Meet Participation: State qualifying standards apply to meets that are sanctioned. Most of our meets are sanctioned. If an individual standard is met, then that person is qualified for the state meet. If a relay team qualifies, then the relay is entered as DHS, but individual names are not entered in the eyes of the state or school. Athletes with the fastest times will participate in that relay at the state meet (unless limited by participation)—that may not necessarily be the four that broke the standard. Six runners can be entered on a relay card at the state meet. At regions, being entered in an event is considered participation. At state, participating in an event is considered participation. An athlete can participate in four events. In most meets, we are limited to only three participants per event except the 800, 1600 and 3200 run where entries are often unlimited until conference, region, and state.

PERSONAL BESTS/DISTANCES/TIMES/RELAY SPLITS/RECORDS: We chart all our participants' progress to keep track of seasonal bests and personal bests. We update this on a chart that is posted. We also hand out result sheets to the athletes after each meet. The athletes are responsible to check in with the coach or the managers with their best performance at a meet. We (managers and coaches) also try to get relay splits. We take the relay splits from the middle of the exchange zone regardless of who has the baton because we often adjust exchange zones based on the athletes. In longer relays, the middle of the exchange zone is often the finish line. If you have any questions, please ask. Also, wind can be a factor in the shorter relays. It is difficult to take splits in the 400 relay, the 800 relay, and the opening legs of the medley relay. We are not perfect, but we do our best to be fair.

Cell Phones and IPODS: These are great to use while warming up at meets. Please be aware, however, that you can't have your cell phone in the competition area at a meet. Phones should always be on silent at meets and kept in our camp area unless being used for music while warming up. Please be a polite cell phone user!

We have a few unique practice dates. We will practice this Friday, March 23rd at 7 am. We will practice Thursday, March 29th at 9 am. We will not practice on Good Friday. We do not have school on these days so there will not be bussing.

We have a high school meet at SDSU on Monday, April 2nd, and it is possible that some junior high kids will attend. We will not have practice that day for those not attending that meet. On early dismissal Wednesdays, we will practice at 3:30.



Deubrook Dolphins Track & Field

DVC Championships

Team	Year	Place & Points
Boys	2012	3rd---96 Points
Boys	2013	2nd---110 Points
Boys	2014	2nd---98 Points
Boys	2015	2nd---118 Points
Boys	2016	2nd---105 Points
Boys	2017	4th-- 81 Points
Girls	2012	7th---52 Points
Girls	2013	6th---67 Points
Girls	2014	1st---121.5 Points
Girls	2015	2nd----105 Points
Girls	2016	1st---162 Points
Girls	2017	1st---163 Points

***2016 & 2017 Boys/Girls Team Combined Champs!

Region Championships

2012-2015 Class A; 2016 Class B

Team	Year	Place & Points
Boys	2012	6th---72 Points
Boys	2013	2nd---123 Points
Boys	2014	2nd---114 Points
Boys	2015	6th---63 Points
Boys	2016	3rd---78 Points
Boys	2017	4th---99 Points
Girls	2012	7th---60 Points
Girls	2013	4th---96 Points
Girls	2014	2nd---105 Points
Girls	2015	3rd---98 Points
Girls	2016	1st---151 Points
Girls	2017	1st---147 Points

***2016 & 2017 Boys/Girls Team Combined Champs!

State Meet

2012-2015 Class A; 2016 Class B

Team	Year	Place & Points
Boys	2012	13th---16 Points
Boys	2013	No Points
Boys	2014	No Points
Boys	2015	No Points
Boys	2016	42nd---2 Points
Boys	2017	No Points
Girls	2012	28th---5 Points
Girls	2013	8th---23 Points
Girls	2014	19th---7 Points
Girls	2015	17th---16 Points

Girls	2016	2nd---51 Points
Girls	2017	1st---78 Points

Deubrook Track Honor Roll—STATE MEET QUALIFIERS AND PLACE

Name(s)	Event	Year	Place: Time/Distance
Trever Petersen	400	2012	2nd 50.21
Trever Petersen	800	2012	2nd 1:58.75
Josh Kruse, Dylan Schwartz, Dalton Kruse, Alex Sperlich	1600 M. Medley Relay	2012	20th 3:58.94
Alex Sperlich, Matt Gollaher, Travis Thompson, Jacob Johnson	3200 M. Relay	2012	18th 9:19.04
Evelyn Klein	400	2012	6th 60.1
Evelyn Klein	800	2012	7th 2:27.64
Evelyn Klein	Long Jump	2012	15th 15'
Cassidy Bauman, Maria Berndt, Rachel Petersen, Evelyn Klein	3200 M. Relay	2012	13th 10:17.77
Mariah Kruse, Leah Rogness, Cassidy Bauman, Maria Berndt	1600 M. Medley Relay	2012	25th 4:47.88
Alex Sperlich	800	2013	18th 2:10.45
Dalton Kruse, Josh Kruse, Ryan Knutson, Joe McDowell	800 M. Relay	2013	15th 1:38.23
Trevor Hinderaker	3200	2013	20th 11:13.21
Dalton Kruse, Josh Kruse, Ryan Knutson, Joe McDowell	400 M. Relay	2013	20th 45.84
Ryan Knutson	Long Jump	2013	9th 20' 11"
Ryan Knutson	Triple Jump	2013	9th 39' 11.5"
Joe McDowell	High Jump	2013	14th 5' 8"
Evelyn Klein	400	2013	5th 59.88
Evelyn Klein	800	2013	3rd 2:21.28
Evelyn Klein	Long Jump	2013	4th 17' 1.25"
Evelyn Klein	Triple Jump	2013	2nd 35' 6"
Leah Rogness, Mariah Kruse, Maria Berndt, Cassidy Bauman	1600 M. Medley Relay	2013	23rd 4:38.18
Dustin Trooien	Triple Jump	2014	10th 38' 11"
Riley Hanson, Ryan Berndt, Dustin Trooien, Mads Esbensen	400 M. Relay	2014	14th 47.21
Riley Hanson, Ryan Berndt, Dustin Trooien, Mads Esbensen	800 M. Relay	2014	14th 1:39.62
Mads Esbensen	100	2014	17th 12.08
Mads Esbensen	200	2014	20th 24.63
Riley Hanson, Dustin Trooien, Jacob Johnson, Lukas Koch	1600 M. Relay	2014	16th 3:48.63
Trevor Hinderaker	1600	2014	19th 5:11.23
Trevor Hinderaker	3200	2014	14th 11:20.4
Maria Berndt	Triple Jump	2014	6th 34' 5.25"
Rachel Petersen	High Jump	2014	9th 4' 9"
Ashley Vandermeer	100	2014	10th 13.11

Ashley Vandermeer	200	2014	6th	27.82
Cortney Bauman	300 Hurdles	2014	15th	52.64
Maria Berndt, Leah Rogness, Cortney Bauman, Ashley Vandermeer	800 M. Relay	2014	10th	1:52.36
Shaylee DeBeer, Maria Berndt, Cortney Bauman, Ashley Vandermeer	1600 M. Relay	2014	8th	4:23.33
Shaylee DeBeer, Rachel Peteren, Maddison Christiansen, Cortney Bauman	3200 M. Relay	2014	14th	10:40.41
Ryan Berndt, Francisco Garcia, Marty Tirrel, Dalton Kruse	800 M. Relay	2015	13th	1:38.48
Ashley Vandermeer	Triple Jump	2015	3rd	34' 10.75"
Ashley Vandermeer	200	2015	3rd	26.27
Maria Berndt	Triple Jump	2015	7th	34' 4"
Emily Koenig	Triple Jump	2015	20th	32' 2.5"
Emily Koenig	200	2015	17th	28.59
Maria Berndt, Shaylee DeBeer, Cortney Bauman, Ashley Vandermeer	800 M. Relay	2015	7th	1:51.26
Abbie Hulsebus, Maddison Christiansen, Mattie Nepodal, Makenna Christiansen	3200 M. Relay	2015	18th	11:26.78
Maria Berndt, Ashley Vandermeer, Cortney Bauman, Shaylee DeBeer	1600 M. Medley Relay	2015	11th	4:32.02
Cordell Wright	Shot Put	2016	7th	45' 9"
Cordell Wright	Discus	2016	16th	123' 11"
Ryan Berndt	Long Jump	2016	16th	19' 1.75"
Ryan Berndt	Triple Jump	2016	20th	37' 8.5"
Ashley Vandermeer	200	2016	5th	26.56
Ashley Vandermeer	Triple Jump	2016	State Champ!	35' 10.75"
Ashley Vandermeer	Long Jump	2016	5th	15' 11.75"
Shaylee DeBeer	Triple Jump	2016	4th	33' 8.25"
Emily Koenig	Triple Jump	2016	6th	32' 9.25"
Cortney Bauman	800	2016	10th	2:28.71
Josie Olsen	1600	2016	9th	5:27.89
Josie Olsen	3200	2016	6th	12:10.55
Andrea Vandermeer	3200	2016	14th	12:48.8
Shyanne Lutgen	Discus	2016	15th	95' 10"
Rachel Petersen	High Jump	2016	14th	4' 8"
Maria Berndt, Rachel Petersen, Sarah Urevig, Abbie Hulsebus	800 M. Relay	2016	19th	1:56.71
Shaylee DeBeer, Ashley Vandermeer, Emily Koenig, Cortney Bauman	1600 M. Relay	2016	3rd	4:12.54
Shaylee DeBeer, Emily Koenig, Josie Olsen, Cortney Bauman	3200 M. Relay	2016	State Champ!	9:50.65
Maria Berndt, Cortney Bauman, Emily Koenig, Shaylee DeBeer	1600 M. Medley Relay	2016	3rd	4:24.96
Ryan Berndt	Triple Jump	2017	11th	39' 7"

Deubrook Track Honor Roll--- DVC CHAMPS

Name(s)	Event	Year	Time/Distance
Evelyn Klein	400	2012	60.81
Trever Petersen	400	2012	51.81
Trever Petersen	800	2012	02:02.3
Evelyn Klein	800	2013	2:21
Evelyn Klein	Long Jump	2013	17'
Evelyn Klein	Triple Jump	2013	33' 9.5"
Josh Kruse, Dalton Kruse, Joe McDowell, Ryan Knutson	Boys 400 Meter Relay	2013	46.66
Joe McDowell	High Jump	2013	5' 8"
Ryan Knutson	Long Jump	2013	19' 11.5"
Ryan Knutson	Triple Jump	2013	37' 11.5"
Ashley Vandermeer	200	2014	28.02
Cortney Bauman	300 Hurdles	2014	50.26
Maria Berndt	Triple Jump	2014	33' 6.5"
Mads Esbensen	100	2014	11.73
Mads Esbensen	200	2014	23.93
Mads Esbensen	400	2014	54.02
Ashley Vandermeer	200	2015	25.67
Maria Berndt	Triple Jump	2015	34' 9"
Trevor Hinderaker	3200	2015	10:51.3
Ashley Vandermeer	200	2016	27.3
Shaylee DeBeer	800	2016	02:26.0
Josie Olsen	1600	2016	05:42.8
Josie Olsen	3200	2016	12:49.8
Cortney Bauman, Shaylee DeBeer, Emily Koenig, Ashley Vandermeer	1600 Meter Relay	2016	04:23.7
Ashley Vandermeer	Triple Jump	2016	34' 1"
Trevor Hinderaker	3200	2016	11:13.8
Ryan Berndt	Long Jump	2016	19' 1.25"
Ryan Berndt	Triple Jump	2016	38' 7"
Cortney Bauman	800	2017	02:28.6
Andrea Vandermeer	3200	2017	12.42
Shaylee DeBeer	100 Hurdles	2017	16.04
Carley Landmark, Sage Koppatschek, Josie Olsen, Abbie Hulsebus	3200 Meter Relay	2017	11:13.6

Ashley Vandermeer	Long Jump	2017	16' 1"
Shaylee DeBeer	Triple Jump	2017	36' .25"
Ryan Berndt	Long Jump	2017	19' 4.75"
Ryan Berndt	Triple Jump	2017	39' 5"

Deubrook Track Honor Roll-- REGION CHAMPS

Name(s)	Event	Year	Time/Distance
Evelyn Klein, Maria Berndt, Cassidy Bauman, Rachel Petersen	3200 M. Relay	2012	10:44.5
Mariah Kruse, Leah Rogness, Cassidy Bauman, Maria Berndt	1600 M. Medley Relay	2012	04:48.9
Alex Sperlich, Matt Gollaher, Travis Thompson, Jacob Johnson	3200 M. Relay	2012	09:36.1
Evelyn Klein	400	2013	58.08 *Region Record
Evelyn Klein	800	2013	02:22.6
Leah Rogness, Mariah Kruse, Maria Berndt, Cassidy Bauman	1600 M. Medley Relay	2013	04:38.7
Trevor Hinderaker	3200	2013	11:02.5
Dalton Kruse, Josh Kruse, Joe McDowell, Ryan Knutson	400 M. Relay	2013	46:51
Dalton Kruse, Josh Kruse, Joe McDowell, Ryan Knutson	800 M. Relay	2013	01:36.0
Joe McDowell	High Jump	2013	5' 10"
Ryan Knutson	Long Jump	2013	19' 7.25"
Ashley Vandermeer	100	2014	12.76
Ashley Vandermeer	200	2014	26.56
Cortney Bauman	300 Hurdles	2014	49.37
Maria Berndt, Leah Rogness, Cortney Bauman, Ashley Vandermeer	800 M. Relay	2014	01:51.2
Shaylee DeBeer, Maria Berndt, Cortney Bauman, Ashley Vandermeer	1600 M. Relay	2014	4:15
Shaylee DeBeer, Mariah Kruse, Maddison Christiansen, Cortney Bauman	3200 M. Relay	2014	10:25.9
Maria Berndt	Triple Jump	2014	34' 1"
Trevor Hinderaker	3200	2014	11:11.1
Dalton Kruse, Riley Hanson, Dustin Trooien, Mads Esbensen	800 M. Relay	2014	01:35.8
Dalton Kruse, Riley Hanson, Jacob Johnson, Lukas Koch	1600 M. Relay	2014	03:43.8
Ashley Vandermeer	200	2015	26.49
Ashley Vandermeer	Triple Jump	2015	34' 5.5"
Maria Berndt, Shaylee DeBeer, Cortney Bauman, Ashley Vandermeer	800 M. Relay	2015	01:50.8
Ashley Vandermeer	200	2016	26.92
Ashley Vandermeer	Triple Jump	2016	34' 4"
Josie Olsen	3200	2016	12:25.5
Rachel Petersen	High Jump	2016	4' 10"
Shaylee DeBeer, Ashley Vandermeer, Emily Koenig, Cortney Bauman	1600 M. Relay	2016	04:22.2
Shaylee DeBeer, Emily Koenig, Josie Olsen, Cortney Bauman	3200 M. Relay	2016	10:19.6
Maria Berndt, Rachel Petersen, Emily Koenig, Shaylee DeBeer	1600 M. Medley Relay	2016	04:33.7
Cordell Wright	Shot Put	2016	43' 10.75"

Shaylee DeBeer	800	2017	02:27.9
Andrea Vandermeer	1600	2017	05:39.4
Josie Olsen	3200	2017	12:25.4
Cortney Bauman	300 Hurdles	2017	48.62
Shaylee DeBeer, Ashley Vandermeer, Josie Olsen, Cortney Bauman	1600 M. Relay	2017	04:17.7
Shaylee DeBeer, Andrea Vandermeer, Josie Olsen, Cortney Bauman	3200 M. Relay	2017	10:08.1
Ashley Vandermeer	Long Jump	2017	16' 3.75"
Shaylee DeBeer	Triple Jump	2017	35' 3"

Ryan Berndt	Long Jump	2017	25th 16' 4.25"
Jacob Johnson	110 Hurdles	2017	14th 16.86
Aczel Garcia	400	2017	13th 55.93
Ashley Vandermeer	200	2017	4th 26.43
Ashley Vandermeer	Long Jump	2017	4th 15' 8.75"
Ashley Vandermeer	Triple Jump	2017	State Champ! 35' 3"
Cortney Bauman	300 Hurdles	2017	4th 47.63
Shaylee DeBeer	800	2017	4th 2:22.72
Cortney Bauman	800	2017	10th 2:29.91
Josie Olsen	1600	2017	2nd 5:26.84
Andrea Vandermeer	1600	2017	7th 5:32.73
Josie Olsen	3200	2017	2nd 11:51.47
Andrea Vandermeer	3200	2017	3rd 11:53.77
Shaylee DeBeer	Triple Jump	2017	3rd 34' 1.5"
Sarah Urevig	Long Jump	2017	24th 13' 5.75"
Shaylee DeBeer, Andrea Vandermeer, Josie Olsen, Cortney Bauman	3200 M. Relay	2017	1st 9:58.46
Shaylee DeBeer, Ashley Vandermeer, Josie Olsen, Cortney Bauman	1600 M. Relay	2017	2nd 4:07.82
Trixie S., Emma V., Baylee H., Carley L.	800 M. Relay	2017	18th 1:58.12
Sarah U., Emma V., Trixie S., Abbie H.	1600 M. Medley Relay	2017	17th 4:46.18

2018 Deubrook Dolphins Varsity Track Schedule: JH To Be Announced

<u>Day</u>	<u>Date</u>	<u>Meet</u>
Monday	April 2nd	SDSU Indoor Meet
Thursday	April 5th	Estelline
Saturday	April 7th	Elkton
Monday	April 9 th	Hamlin JR HIGH Meet
Tuesday	April 10th	Sioux Valley
Thursday	April 12th	DeSmet
Saturday	April 14th	Garretson Jesse James Meet
Monday	April 16th	Estelline JR HIGH
Tuesday	April 17 th	Beresford Alcester Meet
Saturday	April 21st	Flandreau
Monday	April 23rd	Chester or DeSmet JR HIGH
Tuesday	April 24th	Estelline HS
Thursday	April 26th	JR HIGH Elkton
Monday	April 30	JR HIGH SV or DeSmet
Tuesday	May 1	Baltic HS
Thursday	May 3	JR HIGH DVC @ Estelline
Friday/Saturday	May 4th/5 th	Howard Wood @ SF
Thursday	May 10th	DVC @ Estelline
Thursday	May 17th	Regions @ Estelline
Friday/Saturday	May 25th/26th	State B @ Rapid City