LAKOTA WEST TRACK AND FIELD

2024

PHILOSOPHY

Lakota West has become a top tier track and field program consistently finishing high in the league, district, region and state. There is a proud tradition of excellence on the track and in the classroom. Our goal as a staff is to provide a rewarding experience for all of our student athletes. We want kids to develop physically, socially and learn how to be an integral part of a team. All these skills will make them a better track athlete but also a better person.

TRAINING

Each track and field athlete at Lakota West will take part in a training program that is event specific; for instance, sprinters will be in a sprint program, distance runners will be in a distance program etc. These programs have been designed by a staff that has over 100 years of coaching experience combined. Track athletes will also work with our strength and conditioning Coach Izak Tanner. He has a wealth of experience in strength training and is a crucial part of our program. Athletes must lift to get faster!!! We will lift at least 2 days a week leading up to the season and we will also lift in season.

PRACTICE

Practice this year will begin at 3:15 and go to 5:15 each day. Practice attendance is required. If you are going to be absent for any reason you need to communicate with your event coach. We are willing to work with athletes that are involved in multiple sports/activities. Communication is key, we do not want to be surprised.

EQUIPMENT NEEDED

The main piece of equipment needed for track and field is a good pair of running shoes. Good running shoes prevent a runners worst enemy, shin splints. Runners will eventually need spikes as well. There are certain types of shoes for each event. Event coaches can answer questions about footwear for specific events.

COMMUNICATION

We will be using REMIND as our primary communication. Weekly updates will also be sent out via final forms and on Twitter.

Twitter- @Westtrackfield

Instagram- West Track and Field

Coach E's Info- email: Brenton.eisenhard@lakotaonline.com

FUNDRAISING

In an effort to keep our program at an elite level we must keep up as far as equipment is concerned. Track equipment can be expensive so in order to offset the cost we do fundraise. We will continue to do the lap-a-thon as it consistently raises a decent amount. There will also be another fundraiser in addition to the lap a thon. There will be new incentives this year for athletes. They will be rewarded in the form of apparel for getting lap a thon pledges. We currently have the following needs:

- **20 additional Hurdles**
- **Varsity/JV Uniforms**
- **Hurdle cart**
- **Long jump pit cover**
- **Pole Vault Poles**
- **Athlete apparel**
- **Shots/Discs**
- **New pole vault pit**

SPIRIT WEAR/GEAR

Headlines is our apparel provider. There will be a spirit shop that you can access later this month. https://thespiritshop.com/

FINAL FORMS

Athletes and Parents must have their final forms completed as soon as possible. Make sure you click on Track and Field for Lakota West.

PHYSICALS

Physicals must be up to date and turned in prior to practice on February 20th.

FEES

Athletic fees will not be due until the spring. The cost is still $200.00.

KEY DATES

Tuesday February 20th- ***First Official Day of Practice (final forms completed)***

Friday March 1st- ***Lap-a-thon*** **fundraiser**

Monday March 25th- ***Spring Break Begins***

Thursday March 28th- ***Meet #1 at Edgewood A/B***

Monday April 15- ***Home JV Meet***

Wednesday April 17th- ***Home Varsity Meet (Senior Night)***

Wednesday 5/8 and Friday 5/10 ***GMC MEET***

District Meet **@ Ross 5/15 and 5/17** ***(Banquet will be this week. TBD)***

Regional Meet **@Wayne 5/22 and 5/24**

State at Dayton Welcome Stadium **5/31 and 6/1**

HOME MEETS

We will be hosting 2 meets this year. Our home JV meet will be on Monday April 15th. Our home Varsity Meet (Senior Night) will be Wednesday April 17th. We will need as many volunteers as we can round up. There will be a sign-up genius for people to sign up to help out. That will be shared via email at a later date. Thank you in advance for your help.

STAFF

We are lucky to have such an experienced group of coaches. There is well over 100 years of Track and Field experience on this staff. There are 3 former head coaches of successful high school programs. 7 of our coaches have college athletics experience. There is a great mix of veterans and young coaches. There isn't a better staff in Ohio, I can promise you that!

***Head Coach*- Brenton Eisenhard**

***Hurdle/PV Coach*- Bruce Eisenhard**

***Girls Sprints/Relays*- Ronda Eisenhard**

***Girls Sprint/Relays*- Maya Andrews**

***Girls Multis-* Monica Corcoran**

***Boys Sprints/Relays*- Will Mahone**

***Boys Sprints/Relays*- Adam Erickson**

***Distance Program Coordinator*- Sean Hart**

***Boys/Girls Distance*- Randy Doyle**

Boys/Girls Distance- Cullen Dickson

***Boys/Girls High Jump*- Tiffany Brummer**

***Pole Vault*- Jeff Brewer**

***Pole Vault*- Ben Dangel**

***Boys/Girls Throws*- Todd Key**

LAKOTA WEST TRACK AND FIELD SCHEDULE

2024

VARSITY

3/28 Edgewood Invitational (A/B)

4/5 Coaches Classic Relays @CHCA (A)

4/10 Lakota East Invitational (A/B)

4/12 Centerville Relays (A)

4/17 Lakota West Invitational (Senior Night) (A/B)

4/19 Golden Baton Relays @Sycamore (A/B)

4/23 Kings Invitational (B)

4/26 Loveland Invitational (A)

4/30 Blue Heaven Invite @Hamilton (B)

5/3 Mason Invitational (A)

5/8 & 5/10 GMC'S @Mason

5/15 & 5/17 Districts @Ross

5/22 & 5/24 Regionals @Wayne

5/31 & 6/1 STATE @Dayton Welcome Stadium

LAKOTA WEST TRACK AND FIELD SCHEDULE

2024

JV

4/1 Lakota East JV Meet

4/8 Mason JV Meet

4/15 Lakota West JV Meet

4/22 Fairfield JV Meet

5/6 JV GMC'S @Sycamore

PRE-SEASON TRAINING

Pre-Season lifting/training will take place on Tuesdays and Thursdays

3:15-4:45. This is highly recommended for athletes. They must lift and build up a conditioning base to be prepared to have a successful season. This training will lead up to the start of the outdoor season. Athletes that are running indoor will start to train 3x a week after Winter Break.

INDOOR TRACK AND FIELD

We do have an indoor program here at Lakota West. Our veteran varsity athletes are usually the kids that compete at a few indoor meets. Young athletes are more than welcome to compete as well. We usually attend 2-3 meets as a team. Athletes may compete in as many as 3-4 indoor meets if they choose too. Indoor is not funded by the school so there is no bussing to indoor meets. Athletes also must pay an entry fee to compete at meets. That fee is usually $20 per meet. Meets take place at colleges as no high schools have an indoor facility.

MEET LOCATIONS (*we go to these locations as a team, there are additional indoor meets elsewhere. Check MilesplitOH for a list of locations)*

1/19 MOUNT ST. JOSEPH UNIVERSITY

2/3 CEDARVILLE UNIVERSITY

WHY PARTICIPATE IN TRACK AND FIELD?

The track program here at West is truly a family affair. That is how our staff treats those that choose to be a part of our program. Athletes run track for various reasons, our goal as a staff is to help every athlete realize their goals. This is one of the premier programs in Southwest Ohio as well as the state. Our seniors have helped build a strong foundation for the program. I'm looking forward to an outstanding Track and Field season. The Coaches and I are very excited to get things going and make this the best experience for our Track and Field Athletes and Parents.

Sincerely,

Coach E

NO EXCUSE

NO FEAR

NO LIMIT