

Legend Track and Field 2024

The Titan Way

Young Men/Women

High School Track and Field Program

BELEGENDARY

Volume 16

Mission

- To truly become number one, you must constantly strive to surpass yourself, not just the competition.
- Our high school track team's philosophy is based on life lessons and the Titan Core Values of Legend High School.
- The lessons we practice as part of our team will be habits of mind that will stay with you the rest of your lives.

Track and Field Values

Good, Better, Best

Never Let it Rest

Until Your GOOD is BETTER

And Your BETTER is BEST!

- Positive Intent
- Integrity
- Sportsmanship/Citizenship
- Trust
- Respect
- Perseverance (Work Ethic)

Coaching Staff

- Roger Miller--Head Coach / Distance- Middle Distance- Director of Track and Field
- Landon Wiederstein- Head Coach/ Throws
- Assistant Coaches:
 - Mike Nekuda--Sprints/Relays Speed and Strength
 - Kerry Rodenberg--Hurdles/High Jump
 - Zeke Trezzo -- Long/Triple Jump
 - Matt Smith – Pole Vault
 - Fanta Toure – Asst Sprint Coach
 - Angela Acosta- Distance

Titan Track and Field Philosophy

- Athletes Compete with Positive Attitude and Effort
- Coaches- Coach/Teach all aspects of their event with a “Team First” attitude. We are the coaches: To plan, teach and support our athletes
- Parents- support and cheer with core values in mind.
- Communication with Coaches, Athletes and Parents is a top priority!
- Praise, Cheer, Encourage—
- Questions, Concerns- with/to the Coaches
- Open Door: use TEAM SNAP or email or find us

Training Philosophy

- We train to benefit each student athlete to become a better person as well as a better athlete
- Emphasis on TEAM
- Set goals and work towards them
- Develop athletes into competitive runners, jumpers, throwers over their entire high school career.
- FUN! Team activities, team functions, summer camps, and trips
- Enjoy hard work, Enjoy competing, Enjoy success!
- Good Better Best

Program Goals

- Enjoy Track and Field- Have Fun/Work Hard
- Take Pride in individual and teamwork.
- Set and monitor individual goals over their 4 years at Legend
- Prepare the student athlete for the college environment and help to promote athletics in college and beyond
- Create a winning attitude towards league, state and national competition.
- Help to develop relationships and connections for the future

Communication

TEAM SNAP: We use team snap as a tool to communicate and view schedule

Kids send their email to be added OR see website form

Once a coach has added, you will receive an invite for TRACK. Check that email

Download the Team Snap App on your phone

Parents: Go to the kids account and have them “Add Family” members.

Communication

- Email is the best and fastest way to ask questions
 - Roger.Miller@dcsdk12.org
 - Landon.Wiederstein@dcsdk12.org
- Please assume that we are here to help each athlete grow as a person and help them to improve. When you have a question about a meet, a practice, or any other situation, please keep it positive when you communicate with the coaches.
- See our Athletic and Team web page too!

Practices

- Monday: Meet to go over the week's schedule and to recognize our outstanding efforts from the previous week
- 2:55-4:25ish (we will try to never go longer than 4:30)
- For Spring Break, we will change to 9:30 am -11:00 W, TR, F.
- Train in separate groups based on primary and secondary events (workouts are altered for different levels--novice, intermediate, advanced)
- Athletes must think like athletes even when they are not at practice: nutrition, rest, smart and healthy decisions
- Grades and classroom behavior is a part of practice

Practices

- All athletes are required to attend all practices! Some groups may have modified schedule. Any missed practice needs to be excused—Communicate through Team Snap App. We need to know where our athletes are!
- Excessive excused absences will be addressed
- Our practices are essential to becoming better athletes and a better team. Missing a practice is missing an opportunity to get better.
- Meet line-ups are determined by effort and performance in practices. Varsity standards are also used as a guide.
- Varsity is based on performances with 3 entries in each event. JV Sub Varsity are unlimited.

Transportation

- Many of our varsity meets are held at Echo Park Stadium and so we do not provide transportation. Parents are encouraged to see that the athletes get to the meet at the required time (in most cases, all athletes are required to be at the meet 1 hour before the first event).
- Transportation will NOT be provided.
- This will be communicated via the website. In case of a lack of drivers, we will do our best to communicate ASAP THIS IS A STATE WIDE PROBLEM!!
- Parents we need your help and support. We will Find a Way!

Parent Expectations/Support

- Become involved as a track and field booster! We need parent support with concessions, locker decorations, various fundraising, and awards banquet. Sign up on our website or email the coaches if you can help.
- Please allow your son/daughter to grow as a student/athlete and make some decisions on their own. Sometimes additional pressure from parents can do more harm than good.
- Whenever you have questions- Please communicate!!!
- Encourage them to communicate!

Fundraising Model

3 main ways to raise funds and support the program.

1- The Team Fee: \$100 earns a team warm up jacket and helps us stock newer replacement uniforms and equipment. Some items planned are an ipad for teaching, a timing system, and helps to supplement entry fees as well as awards at end of season. Fee is added to School Bucks
No extra fundraising

2- When you purchase a uniform, that cuts down our reorders

3- Concessions – Home Meets on April 6th and May 8th at Echo Park. Look for ways to help us make these events great!

We will be asking for volunteers with events or gate keepers or extra meet help to make this a great event

Nutrition

- Stay healthy
- Eat a balanced meal and keep calories up.
- Protein- Advanced Body Dynamics Supplement
- Multiple Vitamin
- Girls: Ferritin levels and Iron (ask doctor)
- Water (BRING A WATER BOTTLE)
- Homework and Sleep
- Always Communicate about health issues and concerns
- See a coach or our Athletic Training Staff about injuries

5A Continental League

- Legend
- Chaparral
- Ponderosa
- Highlands Ranch
- Heritage
- Castle View
- Thunderridge
- Regis
- Mountain Vista
- Rock Canyon
- Douglas County

Coming up.....

– volunteers needed! Titan Clash April 6th, Pride of Parker May 8th

We especially need concession workers AND A GRILL PERSON.....Also gate keepers and help with awards or other jobs.....THANKS YOU!!!

Final Questions

What Team am I on? Each week may be different. There is a limit to varsity and performance standards. In general, the JV meets are on Thursdays, Varsity on Saturdays

Conflicts? Email or contact the coach ASAP- questions or concerns. Use Team Snap if you can

UNIFORM PURCHASES AND SPIRIT STORE (optional)

Spirit store closes March 4th – Uniform checkouts next week

SPIKE/SHOE NIGHT MARCH 5TH - RNK

See Website –Athletics→ Track (Spring Sports)