



MUSTANG
TRACK & FIELD

**“One Team...
One Mission”**

2010 MANUAL

Meet the Coaches

Luke Sawyer enters his 10th year as the head coach of the Montabella Track & Field Program. As a Montabella student, Coach Sawyer was a 4-year varsity track athlete. Coach Sawyer was a member of the Central Michigan University Track & Field team in college. He and his wife Taylor reside in Edmore with their daughter Anastasia (Annie), sons Jaxon (JJ), Cooper, and Tyson.

Jeff Kauffman enters his 4th season as the Montabella High School Track & Field Assistant Coach and his 7th season as a part of the track & field staff. Coach Kauffman was a member of the Hope College Track & Field team in college. Coach Kauffman is Montabella's Cross-Country Coach and is employed as a teacher at Montabella High School. He and his wife Elizabeth reside in Lakeview with their son Henry and child on the way.

Dan Gibson enters his 3rd season as the Montabella Middle School Track Coach. Coach Gibson ran track and cross country at Alma College and was the head track and cross country coach there for 16 years. His specialty is working with pole vaulters. He is employed as a teacher at Montabella High School and resides in Alma.

Montabella Boy's High School Track & Field Records

Long Jump	Mike Delamater	21' 6"	1976
High Jump	Brian Higgins	6' 4"	2008
Shot Put	Chris Delamater	54' 8"	2005
Discus	Nick Main	147' 7"	2009
Pole Vault	Scott Hansen	13' 0"	1982
100 dash	Steve Cummings	10.8	1981
200 dash	Steve Cummings	22.3	1982
400 dash	Dave Messer	49.79	2004
800 run	Adam Garvey	1:59.88	2007
1600 run	Tim Sprosty	4:27.6	1985
3200 run	Tim Sprosty	9:51.2	1985
110 Hurdles	Robin Retzloff	15.2	1976
300 Hurdles	Brandon White	41.26	2008
4 x 100	Schumacher, Baez, Cummings, Raglin	44.4	1981
4 x 200	Crane, Baez, Cummings, Raglin	1:33.4	1981
4 x 400	Crane, Baez, Cummings, Raglin	3:30.5	1981
4 x 800	Bartlett, Dailey, VanDePerre, Deja	8:21.64	2008

Montabella Girl's High School Track & Field Records

Long Jump	Jenny Delamater	17' ¾"	2000
High Jump	Gina Guy	4' 9 ¼"	1989
Shot Put	Suzi Perkins	36' 8"	1979
Discus	Amanda Suttan	104' 5"	2009
Pole Vault	Mackenzie Viglianco	8' 0"	2009
	Sarah Belson	8'0"	2009
100 dash	Jenny Delamater	12.1	2000
200 dash	Jenny Delamater	25.7	2000
400 dash	Christine Johnson	59.72	1999
800 run	Lori Guy	2:29.2	1981
1600 run	Rhonda Guy	5:12.9	1981
3200 run	Rhonda Guy	11:31.3	1981
100 Hurdles	Jane Wawersik	16.9	1990
300 Hurdles	Jenny Delamater	45.60	1999
4 x 100	Delamater, Delamater, Howard, Merlington	52.9	1998
4 x 200	Delamater, Delamater, Howard, Merlington	1:52.6	1998
4 x 400	Guy, Eldred, Cummings, Guy	4:20.4	1981
4 x 800	Lehtonen, Santer, Gares, Peterson	11:01.5	1988

Montabella Middle School Boy's Track Records

Pole Vault	Stanley Layport	11'	1989
Long Jump	Brandon White	17' 1 3/4 "	2004
High Jump	Monty Price	5'6"	1986
Shot Put	Trevor Hinton	48" 2 1/2"	2000
70M Dash	Brandon Lint	8.4	1991
100 M Dash	B.Deal	11.65	1995
200 M Dash	Jamikal Papendick	25.2	2008
400 M Dash	Andrew Onstott	57.0	1993
800 M Run	Troy Pranger	2:21	1999
1600 M Run	Ethan VanDePerre	5:08.30	2006
3200 M Run	Ethan VanDePerre	11:18.17	2006
55 M Hurdles	Brandon Lint	8.78	1991
100 M Hurdles	Gerard Himebaugh	14.5	1986
200 M Hurdles	D.Kauffman	29.0	1994
400 M Relay	Onstott,Verhar Simon, Deal	51.1	1995
800 M Relay	Frost,Huber, Kondek, Stimpert	1:45.8	1985
1600 M Relay	Belson,Meyer Bluemer,Hutson	4:10.91	2006
3200 M Relay	VanDePerre,Lavender, Bluemer,Belson	9:59.45	2006

Montabella Middle School Girl's Track Records

Pole Vault	Cassie Stine Cheyeanne Frazel	5'6"	2003 2008
Long Jump	Jenny Delamater	14'10 1/2"	1996
High Jump	Michelle Bartlett	4'7"	1991
Shot Put	Lindy Perkins	35'1"	2001
70M Dash	Mindy Sawyer	9.43	1991
100 M Dash	Mindy Sawyer	12.4	1990
200 M Dash	Jenny Delamater	28.2	1996
400 M Dash	M.Anderson	1:05	1986
800 M Run	Kylie Aultman	2:42.68	2006
1600 M Run	Holli Helmer	6:07	2002
3200 M Run	Carah Lockaby	13:33	2003
55 M Hurdles	Kari Rose	9.78	1991
100 M Hurdles	Kari Rose	15.6	1990
200 M Hurdles	R.Kott	33.4	1998
400 M Relay	Perkins,Garvey, Nelson,Rogers	56.8	2001
800 M Relay	Delamater,Huber, Merlington,Williamson	2:00	1996
1600 M Relay	Wawersik,Young Van Drunen,Woodruff	4:46	1986
3200 M Relay	Viglianco,Helmer, Fisk,Aultman	12:04	2005

This manual is the basic blueprint for the Mustang Track & Field Program. It contains information that is vital to our success as a program.

This manual is divided into 2 sections.

- Section 1: our program rules.
- Section 2: meet information

To ensure the understanding of the Mustang Track & Field program, please review the contents of this manual thoroughly.

SECTION 1 PROGRAM RULES

- All rules in the Montabella School System Athletic Code apply.
- Being a member of this program is a privilege...not a right.
- The coaches are in charge; you are expected to treat them with the utmost respect at all times.
- Negative attitudes and inappropriate language will not be tolerated.
- Attendance for practices, meets, and any other team functions is mandatory.
 - Montabella Athletic Code mandates that 2 unexcused absences results in an immediate dismissal from the team.
 - If you become ill and leave school early, have the school secretary leave a note for your coach in their school mailbox. This is each athlete's responsibility.
- Participation in any out of season sport physical activity during track practice time is strictly prohibited. Participation in any out of season sport physical activity during track season is **STRONGLY DISCOURAGED**. This is for your safety and the well-being of our team.
- If you are participating in dual sports, please refer to the Montabella Athletic Code for your responsibilities regarding practice and meets (High School Only).
 - If your primary sport is cancelled for the day (game or practice), you are required to attend track practice/ meet. You are also required to attend practice if your primary sport practice takes place after track practice.
- High School practice will typically take place from 3:15p.m. until 5:00p.m. Do not drive your vehicles to the track. Make sure you have a ride home at the end of practice since you will not be allowed to wait at the school (you will be allowed inside to retrieve your clothes, homework, etc).

- Middle School practice will typically take place from 3:15p.m. until 4:45p.m. Make sure you have a ride home at the end of practice since you will not be allowed to wait at the school (you will be allowed inside to retrieve your clothes, homework, etc).
- You must be on time for practices/meets/buses.
 - If practice begins at 3:15p.m., you are expected to be ready to start practice at that time.
- Be prepared for any type of weather during practice time.
 - It is suggested that you keep a set of cold weather clothes at school at all times.
- It is required that all high school athletes purchase a pair of running shoes to train in; it is highly recommended that all middle school athletes do so as well.
 - This footwear will help prevent injuries and make your practice time more productive.
- If you are injured, please inform a coach ASAP.
 - If you are sore or have a tight muscle, you must work through it. Injuries and discomfort are two entirely different things. Coaches are available to help make that determination.
- Stay eligible! You are a student first and an athlete second.
 - High school athletes are ineligible for the week if they have 3 or more D's (D+, D, D-) **or** 1 F and 1 or more D's **or** 2 or more F's.
 - Middle school athletes are ineligible for the week if they have 4 or more D's (D+, D, D-) **or** 1 F and 2 or more D's **or** 2 or more F's.
 - Seek out help from your teacher, teammates or coach before there is a problem.
- Represent your school with pride, enthusiasm, and positive sportsmanship.
- Have fun! Sports should be fun, and you should have fun doing them.
- While we have fun, make no mistake about it; this program is in existence to win.

- Varsity Letter Requirements (High School Only)

Automatic Qualification: An athlete must score the following team points throughout the season:

- Freshman = 25 points
- Sophomore = 30 points
- Junior = 35 points
- Senior = 40 points

If an athlete misses the automatic qualification, they can still earn a varsity letter by meeting the following criteria (determined by the coaching staff):

- Attitude and Work Ethic

SECTION 2 MEET INFORMATION

Transportation

- Please be aware of the time that the bus is leaving for the meet.
 - Due to a set schedule, we will not be able to wait for anyone who is late.
- Be courteous when getting on to the bus, say “Hello” to our driver. When we reach our destination and you are leaving the bus, say “Thank you.”
 - All school bus rules apply.
- The coach will try to inform you of our approximate arrival time back at the school after the meet.
 - If you do not drive, it is imperative for you to have a ride waiting for you upon our arrival back at the school.
- We will have transportation to and from all weekday meets.
 - All athletes are highly encouraged to return home on the bus. **If an athlete does not ride the bus home, they can only be released by the coach to that athlete’s parents (no exceptions, school policy).** A note from the parents must be received by the coaching staff prior to departure for the meet.
- The school will NOT provide transportation for Saturday meets

- We will meet at the high school at a designated time and all drive together; however, this is not mandatory. Please be aware that it is each parent's responsibility to ensure their children have a ride to and from the meet.
- It is the preference of the track staff that all drivers are over the age of 18.

Procedure

- School policy mandates that you must be in attendance for the full school day in order to participate in after school meets.
 - The only exceptions are excused funerals, doctor or dentist appointments.
- Due to meet policies and restrictions, every athlete may not compete at every meet.
 - The coach will try to inform you the day prior.
 - If you are not scheduled to compete, you are still required to attend the meet (unless it is an invitational) with the rest of the team for support and morale.
- Be in uniform before we leave our school.
 - Once our bus arrives at our destination, we will all warm-up as a team, led by the team captains.
 - This warm-up is not optional and should be done with enthusiasm.
- Warming-up on your own before your event is essential.
 - This will help prevent injury and help you compete at a higher level.
 - It is recommended that you stretch/jog for at least 15 minutes before your event. When it is time to compete, you should be sweating.
- Listen for the P.A. call for your event. They will announce a 1st, 2nd and 3rd call for every event.
 - By 1st call, you should be getting up and walking over to your event area.
 - By 2nd call, you should absolutely be there!
 - DO NOT MISS YOUR EVENT!
- All athletes must stay until the meet has been completed even if your events are done.

Behavior

- Be respectful of your competitors.
- Cheer on your teammates.

Food

- Bring LIGHT snacks and water/sports drinks with you.
 - Once the final event of the meet is completed, you may eat foods of your choice.
- We will **not** stop to eat after the meet.

Attire

- Meet attire is as follows:
 - **Mandatory:**
 - School Issued jersey and shorts
 - **Optional:**
 - School Issued warm-up suit (High School only)
 - White socks (with no writing) or no socks
 - White short sleeve or long sleeved t-shirts (stitching must be white, with no writing)
 - Navy spandex shorts/tights (stitching must be navy, with no writing)
- You are financially responsible for any school issued items.
 - Please wash all uniforms/warm-up suits according to the manufacturer's label.
- For meets, it is mandatory for all high school athletes to have a pair of competition spikes. For middle school athletes it is highly recommended that you have a pair of competition spikes.
 - They are built very light and have metal spikes on the bottom for increased traction.
 - Before acquiring competition spikes, please speak with one of your coaches, so you can be correctly informed on type and fit. Proper type, which will coincide with your specific events, and proper fit are essential as they are different than any other footwear you may purchase.

- Bring extra warm clothes and blankets with you for before and after your events. It may rain, so bring dry clothes as well.

Discipline

- Discipline for any rule violations is as follows:
 - 1st Offense = Verbal warning from the coach, extra conditioning, and at the coaches discretion possible dismissal from the team.
 - 2nd Offense = Written letter from the coach sent to the parents and Athletic Director, extra conditioning, and at the coaches discretion possible dismissal from the team.
 - 3rd Offense = Meeting with athlete, parents, Athletic Director and coach, extra conditioning, and at the coaches discretion possible dismissal from the team.
 - 4th Offense = Dismissal from the team

If you have any questions at all, please do not hesitate to contact us. Please do not call after 9:00 p.m. Please remember to follow the Montabella Athletic Code regarding the “24-hour Cooling Off Period” before contacting any member of the coaching staff. We look forward to a great season with all of you!

Luke Sawyer

Head Coach, Montabella Track & Field (daytime/evening: 989-427-0165)

Jeff Kauffman

Asst Coach, Montabella High School Track & Field (daytime: 989-427-5175 / evening: 231-349-1575)

Dan Gibson

Head Coach, Montabella Middle School Track & Field (daytime: 989-427-5175 / evening: 989-330-1120)