



LOURDES ACADEMY

Lourdes Academy Track Information

Name	Position	Contact Info
Tim Moore	Head Coach	MooreTim@QRPartner.com 920.232.9288(home) 920.379.4835(cell)
Gina Pomaville	Assistant Coach (Sprints)	n/a
Karen Johnsen	Assistant Coach (Throws)	n/a
Trent Trofka	Assistant Coach (Distance)	n/a
Ed Gresser	Assistant Coach (Jumps)	n/a
Polly Moore	Parent Rep.	n/a

Hello Parents and welcome to our 2020 Lourdes Track & Field Season. Please don't hesitate to email or call me if you have any questions or concerns. My philosophy for Track & Field is very simple: I believe that everyone can be successful if they give the sport Commitment, Focus and Fun. Our coaching staff is here to support every athlete achieve their best performance. Success is individual personal records (PRs) at the events each athlete competes in during the year. My team focus is on individual athletes pushing his/her teammates every day to be their best - collectively this will achieve great relays and athletes vested in each other.

Survival Guide to Track & Field:

Track Meet Order of Events: Trials (if needed for 100, 100Hurdles, 200);

Field Events Ongoing, 3200M Relay, 100H/110H, 100M, 1600M, 800M Relay, 400M, 400M Relay, 300H, 800M, 200M, 3200M, 1600M Relay (Duration:2-4hrs)

Note: Girls run 1st followed by Boys; wheelchair athletes follow the Boys if applicable.

Athletes should be prepared for the weather (practice and meets). All practices will start at 3:15pm and end typically at 5:00pm (with optional weight room time after our main practice; no later than 5:45pm on some days during the year when working on specific field event techniques, weights or injury prevention).

Post Season Relay Athletes: Athletes chosen for relays will be done by Coach Moore. Athlete individual performances in open events, relay splits and workouts will offer input BUT THE FINAL DECISION is Coach Moore's. If you have any question of where your athlete sits in the order of post season relay opportunities, please talk directly with Coach Moore. Track & Field is a TEAM SPORT - the goal at the end of the year is to get as many relay teams and individuals through to State as possible. Choices have to be made and every athlete wants to be involved. Coach Moore makes the final decision, but your input is welcome.

Meet	Day	Date	Time	Girls/Boys
1 st Practice	Mon	09Mar2020	3:15pm	Girls/Boys
Titan Indoor Boys Varsity	Thu	19Mar2020	4:30pm	Boys
UW Stevens Point Indoor	Fri	20Mar2020	4:00pm	Girls
UW Stevens Point Indoor	Sat	21Mar2020	11:00am	Boys
Titan Indoor Girls Varsity	Tue	31Mar2020	4:30pm	Girls
UW-Stevens Point Indoorint Indoor (Rosholt Meet)	Fri	03Mar2020	4:00pm	Girls/Boys
Conf Dual at CWC (site: Waupun High School)	Mon	27Apr2020	4:30pm	Girls/Boys
Pewaukee Invite	Fri	10May2020	3:30pm	Girls/Boys
Conf. Double Dual @ Dodgeland	Tue	05May2020	4:00pm	Girls/Boys
Freedom Invite @ Freedom High School	Fri	08May2020	4:00pm	Girls/Boys
Conf. Division Meet @ CWC (Site: Waupun High School)	Thu	11May2020	4:00pm	Girls/Boys
Conference Invitational Meet (@ Markesan HS)	Tue	15May2020	3:30pm	Girls/Boys
LA Track&Field Awards Recognition Night @ LA Commons	Mon	25May2020	6:30pm -7:30pm	Parents/Athletes, Families
Regionals – TBD	Tue	26May2020	TBA	Girls/Boys
Sectionals – Rosholt High School	Fri	29May2020	TBA	Girls/Boys
State – UW LaCrosse	Fri-Sat	5-6Jun2020	TBA	Girls/Boys
Head Coach – Tim Moore (cell: 920.379.4835, email: MooreTim@QRPartner.com)				
Asst Coaches– Gina Pomaville, Karen Johnsen, Ed Gresser, Trent Trofka				

Are you Committed Every Day?
90 Days until State
On March 9th we have 90 days!

Lourdes Academy Current Track & Field Records

Boys			Girls	
Name/Year	Time/ Distance	Event	Time/ Distance	Name/Year
Don Weir/1976	10.8	100 Meter	12.86	Haley Rasmussen/2008
Don Tolkacz, Jr./1992 Jon Zweiger/1999	15.1	110M/100 M Hurdles	16.2	Sue Geffers /1990, Annie Raupp/2001
Ben Weisse/1987	22.2	200 Meter	26.31	Alexis Rolph/2018
Dan Erickson/1997	41.1	300M Hurdles	47.4	Sue Geffers/1988
Don Weir	50.1	400 Meter	58.5	Sue Burich/1988
D.T. McDonald/ 2011	1:58.7	800 Meter	2:15.77	Emily Foley/2017
D.T. McDonald/ 2010	4:22.62	1600 Meter	5:07.52	Nora Keller/2014
Dave Lambert/1988	9:30.4	3200 Meter	10:50.05	Nora Keller/2014
T.Crimmins, R.Klein, B.Peotter, B.Mueller/1990	44.3	400M Relay	52.22	J.Hurkman, D.Gresser, A.Rolph, K.Schwochert /2017
Wilber, Zahalka, Weisse, Gibson/1975	1:32.6	800M Relay	1:47.45	K.Schwochert, J.Hurkman, D.Gresser, A.Rolph/2017
Weisse, M.Spanbauer, D.Noone, D.Weir/1976	3:26.0	1600M Relay	4:05.03	K.Schwochert, E.Foley, K.VanScyoc, A.Rolph/ 2017
J.Weber, D.McDonald, M.Schettle,E.Rudd/2010	8:05.47	3200M Relay	9:35.98	M.Reed, Ang.Moore, E.Foley, C.Combs/ 2014
Dylan Sommerfeld/2013	169' 11''	Discus	105'4''	Sarah Benz/ 1999
Todd Meier/1983	55'3.25''	Shot Put	35'7''	Raechel Russo/ 2018
Matt Gehrman/ 1994, Jon Zweiger/1999	6' 6''	High Jump	5' 4''	Sally Flanagan/ 1980, Sue Burich/ 1988
Eric Bastien/ 1994	22' 2.5''	Long Jump	17' 2''	Michelle Buranich/ 1999
Eric Bastien/ 1994	44'7.75''	Triple Jump	32' 9.5''	Sandy Casper/ 1991
Paul Maki/ 1986	13' 7''	Pole Vault		