

DAKOTA HIGHLANDS TRACK & FIELD



What is Track and Field?

Track and Field is a spring sport where athletes can compete in various running, jumping, throwing and relay events

It is a TEAM sport! Athletes will compete in both individual and in relay races throughout the season to earn points towards a team score.

There are Varsity and JV races. Varsity athletes are determined by race time, height/length jumped and distance thrown not the number of years on the team.

When: March – June
Indoor track: December — March

Who:

Any Dakota student interested in track and field. Reasons can vary from “I ran track and field in middle school” to “I would like to improve my fitness.”

Why:

- ◆ To increase fitness and endurance and compete against other athletes. Meet new friends.
- ◆ Gain speed for football, basketball
- ◆ Endurance for soccer, swimming, wrestling
- ◆ Strength for football, volleyball, basketball

Coach Timpa — mtimpa@cvs.k12.mi.us
 Coach Zarzycki — tzarzycki@cvs.k12.mi.us
 Coach Roginski — eroginski@cvs.k12.mi.us
 Coach Pojeta — rpojeta@cvs.k12.mi.us
 Coach Droski — adroski@cvs.k12.mi.us

Visit the team website at
dakotatrackfield.com for more
 information.



INDOOR TRACK:

The indoor track (main building) will be open to athletes from December through March for the purpose of training for the upcoming season and/or general conditioning. Lockers are available. Athletes are able to participate in non-school affiliated indoor track meets during this time, including an indoor state meet. Visit mitstrack.org for meet information.

IN-SEASON PRACTICE:

During the school year, all practices will begin at 2:30 pm and will meet at the outdoor track, weather permitting. Practice will last around 1.5 hours. Plan to stay extra some days, if competing in multiple different events. Athletes are able to keep belongings in the locker rooms provided they bring a lock.

Do you have a job?

Schedule jobs or appointments for times later than 4:30 pm. Athletes on the team are expected to be at all practices and meets. Communication is key!

Forms:

- ◆ A current physical dated after April 15 of the previous year
- ◆ Athletic Pay-to-Play fee
- ◆ Athlete Code of Conduct
- ◆ Life of an Athlete Survey



Cale Snyder 2017 State Champion

A WINNING TRADITION

Boys' Team Awards

Macomb County Team of the Year: 2005,
2007, 2014, 2015, 2016, 2017, 2018, 2019

Division 1 Regional Champions: 2011, 2016,
2017, 2018, 2019

Macomb County Champions: 2014, 2015,
2016, 2017, 2018, 2019

MAC Division Champions: 2006, 2007, 2014,
2015, 2016, 2017, 2018, 2019

19 All State-athletes
1 State Champion

Girls' Team Awards

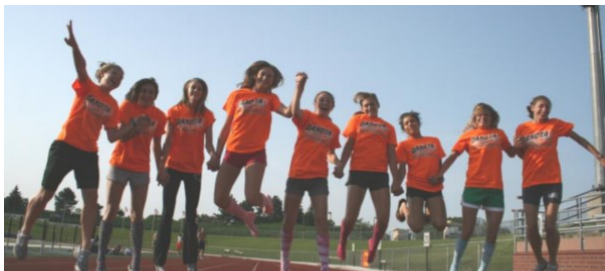
Macomb County Team of the Year: 2002,
2009, 2010, 2011, 2012, 2013, 2014, 2015,
2018, 2019

Division 1 Regional Champions: 2002, 2012,
2013, 2014, 2015, 2016, 2019

Macomb County Champions: 2010, 2011,
2012, 2013, 2014, 2015, 2018, 2019

MAC Division Champions: 2002, 2004, 2006,
2009, 2010, 2011, 2012, 2016, 2017, 2018,
2019

21 All State-athletes
2 State Champion



Dakota Track and Field State Qualifiers



List of Events

Sprints:

100m, 200m 400m,
4x100m relay, 4x200m relay,
4x400m relay

Middle Distance:

400m, 800m, 1600m
4x400m relay, 4x800m relay

Distance:

1600m, 3200m,
4x400m relay, 4x800m relay

Hurdles:

100m/110m Hurdles
300m Hurdles

Field Events:

Long Jump
High Jump
Shot Put
Discus
Pole Vault

Meets during the week and
on Saturdays.

**Consistent, intelligent
training is the fastest way to
achieving your goals.**



*"The wise thing to do is to
prepare for the unexpected."*



*"To give anything less than your
best is to sacrifice the gift."*

