

# Lady Dux




















# Track and Field

# 2018

**“Teamwork requires some sacrifice up front; people who work as a team have to put the collective needs of the group ahead of their individual interests.**

**-Patrick Lencioni**

	Date & Time	Opponent(s)	Facility
 (A)	03/21/18 TBA	Boys at GVSU Indoor Tr...	Grand Valley State Univ
 (A)	03/22/18 TBA	Girls at GVSU Indoor Tr...	Grand Valley State Univ
 (A)	03/27/18 4:00 PM	vs <a href="#">Grand Haven HS</a>	Grand Haven High School
 (H)	04/12/18 4:00 PM	vs <a href="#">Unity Christian HS</a>	Zeeland Stadium
 (A)	04/14/18 9:30 AM	Rockford Invite	Rockford High School
 (H)	04/16/18 4:00 PM	vs <a href="#">Byron Center HS</a>	Zeeland Stadium
 (A)	04/19/18 4:00 PM	vs <a href="#">Holland HS</a>	Holland High School
 (A)	04/24/18 4:00 PM	vs <a href="#">Hamilton HS</a>	Hamilton High School
 (A)	04/26/18 4:00 PM	vs <a href="#">Holland Christian HS</a>	Byron Ctr. Sports Complex
 (A)	04/28/18 9:00 AM	Grimm Relays	Wyoming High School
 (A)	04/30/18 4:00 PM	vs <a href="#">Zeeland East HS</a>	Zeeland Stadium
 (A)	05/05/18 8:30 AM	West Ottawa Relays	West Ottawa Stadium
 (A)	05/11/18 TBA	Conference Meet	Hamilton High School
 (A)	05/18/18 TBA	at the MHSAA Regionals	Allendale High School
 (A)	05/21/18 TBA	Calvin Christian FR-SO ...	
 (A)	05/26/18 TBA	MITCA Team State	
 (H)	06/02/18 TBA	MHSAA State Meet	Zeeland Stadium

**School Records**

100 M	Tara Achterhof	12.94	2017
200 M	Cassidy Proce	26.74	2013
400 M	Maddie Werley	59.58	2007
800 M	Rachele Schulist	2:14.6	2012
1600 M	Rachele Schulist	4:56.22	2012
3200 M	Rachele Schulist	10:57.70	2012
100 HH	Julia Babinec	15.76	2017
300 IH	Julia Babinec	48.84	2017
4 X 800 R	Amanda Hathaway Alisa DeRoo Maddie Werley Rachele Schulist	9:38.41	2010
4 X 400 R	Cassidy Proce Megan Kraker Lindsay Ross Rachele Schulist	4:05.0	2012
4 X 200 R	Cassidy Proce Amanda Hathaway Megan Kraker Jasmine Davis	1:47.57	2010
4 X 100 R	Alyssa Ortiz Shanna Han Emily Tummel Tara Achterhof	51.44	2017
High Jump	Callie Kalinowski	5'4"	2010
Long Jump	Shanna Han	16'9.5"	2016
Shot Put	Amy Overway	37'11"	2015
Discus	Casey Shillito	132'7"	2008
Pole Vault	Josie Smith	10'6"	2017

### School Records by Grade Level

#### 100 M

Freshman	Tara Achterhof	12.94	2017
Sophomore	Cassidy Proce	12.95	2011
Junior	Nicole Diekema	13.11	2015
Senior	Cassidy Proce	12.70(FAT)	2013

#### 200 M

Freshman	Tara Achterhof	26.84	2017
Sophomore	Nicole Diekema	27.15	2014
Junior	Nicole Diekema	27.10	2015
Senior	Cassidy Proce	26.74	2013

#### 400 M

Freshman	Maddie Werley	59.58	2007
Sophomore	Cassidy Proce	1:01.18	2011
Junior	Amanda Hathaway	1:01.76	2009
Senior	Megan Kraker	1:00.10	2012

#### 800 M

Freshman	Avery Schenk	2:30.19	2017
Sophomore	Maddie Werley	2:16.15	2008
Junior	Maddie Werley	2:17.51	2009
Senior	Rachele Schulist	2:14.60	2012

#### 1600 M

Freshman	Rachele Schulist	5:07.24	2009
Sophomore	Rachele Schulist	5:03.70	2010
Junior	Rachele Schulist	5:00.05	2011
Senior	Rachele Schulist	4:56.20	2012

#### 3200 M

Freshman	Rachele Schulist	11:24.35	2009
Sophomore	Rachele Schulist	10:59.40	2010
Junior	Rachele Schulist	11:27.23	2011
Senior	Rachele Schulist	10:57.70	2012

### 100 HH

Freshman	Sarah Kamstra	17.45	2009
Sophomore	Julia Babinec	16.03	2016
Junior	Julia Babinec	15.76	2017
Senior	Sarah Kamstra	16.44	2012

### 300 IH

Freshman	Julia Babinec	50.76	2015
Sophomore	Julie Renkema	50.93	2010
Junior	Julia Babinec	48.84	2017
Senior	Julie Renkema	50.10	2012

### High Jump

Freshman	Alexis Gaiser/Kelly Klubeck/Anna Bekius	4'10"	2012
Sophomore	Anna Bekius	5'1"	2013
Junior	Alexis Gaiser/Anna Bekius	5'1"	2014
Senior	Callie Kalinowski	5'4"	2010

### Long Jump

Freshman	Shanna Han	15'3.75"	2015
Sophomore	Shanna Han	16'9.5"	2016
Junior	Shanna Han	16'4"	2017
Senior	Laney Meeuwssen	15'8.5"	2013

### Shot Put

Freshman	Olivia Kraft	32'9"	2015
Sophomore	Olivia Kraft	35'8"	2016
Junior	Olivia Kraft	37'10"	2017
Senior	Amy Overway	37'11"	2015

### Discus

Freshman	Casey Shillito	108'4"	2005
Sophomore	Casey Shillito	128'2"	2006
Junior	Olivia Kraft	128'1"	2017
Senior	Casey Shillito	132'7"	2008

### Pole Vault

Freshman	Emily Tummel	9'6"	2017
Sophomore	Emily Medendorp	9'9"	2012
Junior	Josie Smith	10'0"	2016
Senior	Josie Smith	10'6"	2017

### **Girl's All-Conference List (34 since 2009, 61 Awards)**

Mackenzie Abrigo-2013, 2014	Amy Overway- 2014, 2015
Nicole Diekema-2013, 2014, 2015	Lydia Bekius- 2014, 2016
Brittany DeJonge-2013	Mocha Graham- 2015
Alisa De Roo- 2009, 2010	Anna Bekius- 2015
Lauralee Dykstra- 2009, 2010	Haley Hoogenraad- 2015, 2016
Amanda Hathaway- 2009, 2010	Morgan Overweg- 2016
Kelly Klubeck-2013, 2014	Josie Smith- 2016, 2017
Megan Kraker- 2010, 2012	Brinley Schenk- 2016, 2017
Esther Mackey- 2009	Olivia Kraft- 2016, 2017
Laney Meeuwssen-2013	Shanna Han- 2016, 2017
Cassidy Proce- 2010, 2011, 2012, 2013	Kynzie Ward- 2016
Lindsay Ross- 2012, 2013, 2014	Julia Babinec- 2016, 2017
Rachele Schulist- 2009, 2010, 2011, 2012	Delaynie Ward- 2016
Maddie Werley- 2009, 2010	Ainslie Schenk- 2014
Brittany VandenBerg- 2014, 2015	Alexis Gaiser- 2014
Kiannah VandenBerg- 2014, 2015	Tara Achterhof- 2017
Alyssa Ortiz- 2017	Emily Tummel- 2017

### **Girl's All State List (14 since 2009, 23 Awards)**

Casey Shillito- 2008	Maddie Werley- 2008, 2009, 2010
Alisa De Roo- 2009, 2010	Rachele Schulist- 2009, 2010, 2011, 2012
Amanda Hathaway- 2009, 2010	Haley Hoogenraad- 2016
Megan Kraker- 2010, 2012	Lindsay Ross- 2012
Esther Mackey- 2009	Angela Stegink- 2014

Cassidy Proce- 2010, 2012

Haley Hoogenraad- 2016

Olivia Kraft- 2017

Josie Smith- 2017

### **Girl's State Qualifiers**

2009 (**6 events, 6 qualifiers**)- Esther Mackey, Alisa DeRoo, Maddie Werley, Rachele Schulist, Lauralee Dykstra, Amanda Hathaway

2010 (**8 events, 10 qualifiers**)- Maddie Werley, Alisa DeRoo, Amanda Hathaway, Rachele Schulist, Cassidy Proce, Megan Kraker, Kara Stehouwer, Katrina Beyer, Callie Kalinowski, Lauralee Dykstra,

2011(**6 events, 7 qualifiers**) – Rachele Schulist, Megan Kraker, Cassidy Proce, Alexis Gaiser, Sarah Kamstra, Liesel Klett, Brittany DeJong

2012 (**7 events, 7 qualifiers**)-Rachele Schulist, Megan Kraker, Cassidy Proce, Lindsay Ross, Alexis Gaiser, Emily Medendorp, Brittany DeJong

2013 (**3 events, 5 qualifiers**)- Brittany DeJong, Cassidy Proce, Laney Meeuwsen, Lindsay Ross, Nicole Diekema

2014(**3 events, 3 qualifiers**)- Angela Stegink, Anna Bekius, Nicole Diekema

2015 (**6 events, 8 qualifiers**)- Nicole Diekema, Amy Overway, Mocha Graham, Haley Hoogenraad, Morgan Overweg, Lydia Bekius, KiannahVandenBerg, Brittany VandenBerg

2016 (**5 events, 8 qualifiers**)- Haley Hoogenraad, Morgan Overweg, Lydia Bekius, Brinley Schenk, Julia Babinec, Josie Smith, Olivia Kraft, Shanna Han

2017 (**5 events, 7 qualifiers**)- Morgan Overweg, Brinley Schenk, Avery Schenk, Olivia Weenum, Josie Smith, Olivia Kraft, Julia Babinec

### **Conference Finishes**

2009- OK Green, 3rd Place	2013- OK Green, 2nd Place	2017- OK Green, 2 <sup>rd</sup> Place
2010- OK Green, 2 <sup>nd</sup> Place	2014- OK Green, 2 <sup>nd</sup> Place	
2011- OK Green, 2 <sup>nd</sup> Place	2015- OK Green, 1 <sup>st</sup> Place	
2012- OK Green, 3 <sup>rd</sup> Place	2016- OK Green, 2 <sup>nd</sup> Place	

### **Regional Finishes**

2009- 2 <sup>nd</sup> Place out of 15 teams	2013- 8th out of 14 teams	2017- 6 <sup>th</sup> Place of 15
2010- 2 <sup>nd</sup> Place out of 16 teams	2014- 5 <sup>th</sup> Place out of 15 teams	
2011- 3 <sup>rd</sup> Place out of 15 teams	2015- 3 <sup>rd</sup> Place out of 15 teams	
2012-4 <sup>th</sup> Place out of 14 teams	2016- 3 <sup>rd</sup> Place out of 15 teams	

## **MHSAA Finishes**

2009- 17 <sup>th</sup> Place	2013- N/A	2017-50 <sup>th</sup>
2010- 5 <sup>th</sup> Place	2014- 55 <sup>th</sup> Place	
2011- 20 <sup>th</sup> Place	2015-N/A	
2012- 13 <sup>th</sup> Place	2016- 43 <sup>rd</sup> Place	

## **MITCA Team State Final Finishes**

2009- 9 <sup>th</sup> Place	2010- 10 <sup>th</sup> Place	2015- 3 <sup>rd</sup> Place
2011- 6 <sup>th</sup> Place	2012-6 <sup>th</sup> Place	2016- 1 <sup>st</sup> Place
2013- 6 <sup>th</sup> Place	2014- N/A	2017- 6 <sup>th</sup> Place

## **Dux Coaching Staff and Expertise**

Coach Shillito- Throws	Coach Kenemer- Distance/Mid-distance
Coach Kooyer- Pole Vault	Coach Talbot- Sprints/Relays
Coach Geertsema- Sprints/Relays	Coach Dutcher- High Jump/Long Jump
Coach Hoover- Distance/Relays	Coach Vande Guchte- Sprints/Hurdles/Relays

## **Lady Dux Views and Philosophy**

- 1.) Always give 110% EFFORT**
- 2.) Control what you can control**
- 3.) Never be content with where you are at**
- 4.) Have a direction- set goals, and then re-evaluate**
- 5.) YOU are important, we care about YOU**
- 6.) We will sacrifice for you, but will you do for this team?**
- 7.) You are one piece of a puzzle, together we are complete**
- 8.) Give your best and strive to get better**
- 9.) NO COMPLAINTS, glass is half full**
- 10.) Hard work = Succes**



# Team Rules/Guidelines

## Practice

- 1.) Practice begins at 3:05 at the stadium everyday unless announced or emailed.
- 2.) Practice will last 1.5-2.0 hours depending on what events you compete in.
- 3.) All athletes are expected to wear pants and a sweatshirt over normal practice attire until announced or emailed.
- 4.) Every practice starts with a warm up jog and dynamic warm up and ends with a cool down jog and stretch. Start practice on your own by running your laps (two laps or four laps)
- 5.) Proper running shoes (tennis shoes and spikes) are required for practice.
- 6.) All injuries should first be reported to a coach, then Diana. Diana will direct the proper process from there.
- 7.) **You are expected to be at all practices. If a conflict arises, please inform us as soon as possible. Communication is essential to our success as a team.**
- 8.) Unexcused absences will result in consequences on a case by case basis.

## Meets

- 1.) Every Thursday that is a meet day, **you are required to dress up**. This may be dress pants and a nice shirt, an appropriate length skirt, or any other type of dress

apparel you may have. You may not wear jeans!

- 2.) All members of the team are expected to ride the bus to and from meets unless approved ahead of time.
- 3.) All members of the team will compete at conference meets.
- 4.) Conference meets begin at 4:00 and can last until 7:30.
- 5.) If you are not warming up, or cooling down, **you are expected to be cheering on your teammates during their races or field events.**
- 6.) It is expected that you are constantly being a fine example of what we teach you daily by showing tremendous sportsmanship at all times.
- 7.) Invitational and championship meet participants are selected based on previous performances and team strategy. Not everybody will compete, but all members of the team are encouraged to attend whenever possible.
- 8.) Saturday start and finish times depend on the meet, location, and number of teams participating.
- 9.) Athletes are expected to be dressed before the bus leaves.

## Relays

- 1.) Relay members are selected based on times and compatibility at the discretion of the coaching staff.
- 2.) Just because you have run on it before doesn't mean it's "your" spot.
- 3.) We will put the team in the best possible position to be successful based on what that meet needs.

## **Order of Events**

1.) Field Events- Girls discus, pole vault and long jump. Boys shot put and high jump.

2.) The order of running events are as follows:

-3200 M. Relay

-100 High Hurdles

-100 M. Dash

-800 M. Relay

-1600 M. Run

-400 M. Relay

-400 M. Dash

-300 Intermediate Hurdles

-800 M. Run

-200 M. Dash

-3200 M. Run

-1600 M. Relay

# SHOES



## **Basic Running Shoe**

An all purpose shoe used daily in practice. A must have.



## **Racing Flat**

A lightweight shoe used for some training sessions and 1600 /3200m races



## **Sprint Spike**

Designed to put you on your forefoot. No padding in the heel. Used for 100-400m events.



## **Distance Spike**

Designed to allow you run on your heel. Used for 400-3200m events



## **All-Purpose Spike**

Designed to put you on your forefoot, yet the heel is padded. Used for 100-800m, high jump and long jump



## **High Jump Shoe**

Spikes in the heel allow for good foot plant. A specialty shoe for the elite jumper



## **Long Jump Shoe**

Designed to allow the jumper to sprint on their forefoot and roll onto the board. A specialty shoe for the elite jumper



## **Shot / Disc Shoe**

Allows the thrower to smoothly rotate. A must have.

### **How to earn your varsity letter**

- 1.) Be a senior and complete the season
- 2.) Place at the Conference, Regional, or State Meet
- 3.) Score a total of 12 points during the conference season. (Members of winning relays will earn 1.5 points)
- 4.) Meet one of the following qualifying standards listed below:

100M	13.60
200M	28.20
400M	64.0
800M	2:35
1600M	5:50
3200M	12:50
100M H	17.50
300M LH	53.5
400M Relay	53.8
800M Relay	1:48.30
1600M Relay	4:15
3200M Relay	10:25
Pole Vault	7'6"
High Jump	4'7"
Long Jump	14'5"
Shot Put	30"
Discus	90'

## 2018 Additional Qualifying Standards for Regional Meet

One relay team and two athletes for individual events will be invited to compete at Regional's. Below are the standards to be an additional regional qualifier.

Pole Vault	8'6"
Shot Put	32'0"
High Jump	4'10
Long Jump	15'0"
Discus	94"
3200 M Relay	X
110 M 39' HH	X
100 M 33' H	17.50
100 M Dash	13.50
800 M Relay	X
1600 M Run	5:44
400 M Relay	X
400 M Dash	1:04.40
300 M I.H.	X
300 M L.H.	51.50
800 M Run	2:33.50
200 M Dash	28.17
3200 M Run	12:35
1600 M Relay	X

## **2018 Additional Qualifying Standards for the State Meet**

The top two places in relays and individual events at Regional's will be invited to the State Meet. Below are the standards to be an additional qualifier.

Pole Vault	9'0"
Shot Put	35'9"
High Jump	5'2'
Long Jump	16'4"
Discus	108'3"
3200 M Relay	10:05
110 M 39' HH	X
100 M 33' H	16.21
100 M Dash	12.90
800 M Relay	1:49.17
1600 M Run	5:22.70
400 M Relay	51.90
400 M Dash	1:01.20
300 M I.H.	X
300 M L.H.	48.40
800 M Run	2:25.0
200 M Dash	26.75
3200 M Run	11:45.8
1600 M Relay	4:13.50

## Lady Dux 2018 Season Goals

- 1.) Believe in you, believe in your teammates, believe what we can accomplish together
- 2.) Give your best **effort and best attitude** on a consistent basis
- 3.) Compete with upmost sportsmanship, always appreciating the opportunity
- 4.) Have fun, get to know other people, and create memories that last a lifetime
- 5.) The team, the team, the team

*"In the end, it's extra effort that separates a winner from second place. But winning takes a lot more than that, too. It starts with complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. And finally, it takes a great deal of love, fairness and respect for your fellow man. Put all these together, and even if you don't win, how can you lose?"*

-Jesse Owens

