

*2022 Mason City Girls
Track and Field
Information Packet*



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You'll never know what you're capable of until you take that first step and just go for it.

NATASHA HASTINGS

SQUAD
LOCKER

January 27th , 2022

Hi Girls!

Welcome to the 2022 version of Mason City Girls Track and Field ! I hope all of you are well and are looking forward to the upcoming season!! Coach Ott, Coach Martinez, and I are looking forward to working with each and every one of you once again this year along with the new faces!! With so many letter winners and state qualifying girls back, along with all of the great personalities on the team as a whole, there is potential for huge success and LOTS of fun to be had!

If you did not bring your parent/guardian e-mail please shoot me an e-mail with that info. If you haven't had a physical or your physical will be expiring during the season, please take care of that and upload the information to the school website. You cannot participate without a physical. I will be sending out weekly e-mails to your parents/guardians letting them know the schedule for the week including directions to the meets as well as any other important information. I will also be e-mailing them the 2022 parent/athlete handbook within the next week. This handbook is presently up on the front page of our website at www.mohawktrack.com. Please take a few minutes to read through this as it has information that you need to know including lettering policy, expectations, excused vs. unexcused absences from practice and their consequences, the schedule, and etc. The following are some important dates for the start of the season:

1st day of practice: Monday, February 21st

This is the first day of mandatory practice for all girls except those who are still playing VARSITY basketball. Any girl playing varsity basketball has the option of taking up to 1 week off following their last game of the tournament season before they start track. If the athlete WANTS to start track the following day or week at any time that is totally fine as well, but we encourage the athlete to take a few days off just to relax and to rest the body and mind! Some of you have been going hard for months and months. It is good for you to take some time off to "recharge." It is the philosophy of the Mason City Girls Track and Field Program that girls are NOT expected to come to track practice during basketball season. Please check in with me towards the end of your season so we can discuss your start date. Practices go from 4:00pm-5:45pm each day. We will also lift weights twice a week during the season and this is mandatory, but even on those days we will still be done no later than 5:45pm.

Indoor Meet Monday, March 7th..... Dickinson Relays at UNI-DOME in Cedar Falls

This is a varsity only meet and there are limited entries.

Indoor Meet Thursday, March 10th..... Iowa State Indoor in Ames

This is a varsity meet only and there are limited entries.

Spring Break is March 14th-18th.

Some of you may be going out of town on a vacation during this time and that will be 100% excused whether it is with family or friends. Go enjoy yourself but please stay active! If you take 9 days off and do nothing it will almost feel like you are starting over. We will have practices on Monday the 14th and Tuesday the 15th from 9:30am-11:00am but there are no meets scheduled this season over break. We have a meet at Wartburg the 2nd day back so it is very important to get a couple of workouts in.

The last day a new girl can join the track team: Monday, March 21st

A new girl may come out this day but will not be allowed to compete in a meet until April 5th.

Indoor Meet Tuesday, March 22nd..... Wartburg Indoor in Waverly

This is a varsity only meet and there are limited entries.

Indoor Meet Saturday, March 26th..... State Indoor at the University of Dubuque

Varsity qualifiers only.

Unexcused Absences and Tardiness

Unexcused absences and tardiness will not be tolerated. We all know that things can come up in your day unexpectedly and life, in general, can be completely unpredictable. If you are sick, need to make up a test in class, have a family emergency, or something along those lines please **communicate** with me so I know where you are. Simply not coming to practice or leaving practice early because you are tired, have a headache, or have a birthday party to go to are not valid excuses. The first unexcused absence results in missing the next meet. The second offense the athlete misses the next 2 meets, and if it happens a third time the athlete will turn in her things and will be off the team.

Being tardy to practice without previously clearing it through a coach shows a lack of respect for your teammates, for your coaches, and for the program itself. No one person is above the expectations of the program. The first tardy the athlete meets with coaches and a parent is notified. A second tardy results in a one meet suspension. Further tardiness will result in more meet suspensions.

Practice Clothing

Come prepared each and every day like you will be going outside. If it is cold outside please bring appropriate clothing. If you only have a t-shirt and a pair of shorts on a day that is 35-40 degrees you are going to be one cold track athlete! Saying that you didn't "think" we'd be going outside is not a valid one to keep you from going outside to practice.

Pool Practices

For the final season, we will be using the John Adams pool for workouts in March. Please make sure your swimsuit is appropriate for a team pool workout.

Be on time each day, be coachable, have a great attitude, give your best effort, and be a great teammate. If you do these things you can't help but have a tremendous and rewarding season. You have to commit yourself and be a positive contributor both in effort and attitude to make a positive impact on the team. Creating a positive, fun, safe, and respectful culture is of utmost importance in the program.

If you have additional questions on anything please contact me at any time. I am looking forward to seeing all of you on Monday, February 21st!! We will meet at 4pm after school. See you then!

Coach Lee

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Mohawk Girls Track and Field Website: www.mohawktrack.com

Mohawk Girls Track and Field Twitter: @GirlsMohawk

Updated January, 2022

2022 Mohawk Girls Track and Field Meet Schedule

*First day of Mohawk Girls Track and Field is Monday, February 21st.

Indoor Season

Monday, March 7 th	UNI	Varsity	Cedar Falls	2:00
Thursday, March 10 th	Iowa State	Varsity	Ames	3:30
Tuesday, March 22 nd	Wartburg	Varsity	Waverly	2:30
Saturday, March 26 th	State Indoor	Varsity	Dubuque	11:00am

Outdoor Season

Tuesday, March 29 th	Waukee Earlybird	JV/Varsity	Waukee	TBA
Thursday, March 31 st	Waverly	Coed Varsity	Waverly	5:00
Tuesday, April 5 th	Mohawk Earlybird	JV/Varsity	Mohawk Stadium	5:00
Thursday, April 7 th	Decorah Invite	JV/Varsity	Decorah	TBA
Tuesday, April 12 th	Mohawk Invite	JV/Varsity	Mohawk Stadium	5:00
Saturday, April 16 th	Blue Oval	Varsity	Drake Stadium	8:30am
Monday, April 18 th	Cedar Falls	JV/Varsity	Cedar Falls	4:45
Thursday, April 21 st	Fort Dodge	JV/Varsity	Fort Dodge	5:00
Monday, April 25 th	Marshalltown	JV/Varsity	Marshalltown	4:30
Thursday, April 28 th	Waverly 9/10 Coed	9/10 G/B	Waverly	5:00
Thurs, April 28-30	Drake Relays	Qualifiers	Drake Stadium	TBA
Thursday, May 5 th	CIML Iowa Conf Meet	JV/Varsity	Waukee Northwest	4:30
Thursday, May 12 th	Districts	Varsity	TBA	4:00
Thurs, May 19-21	State	Qualifiers	Drake Stadium	TBA

2021 Mason City Mohawk Girls Track and Field Outdoor Season Bests

<u>EVENT</u>	<u>TIME/DISTANCE</u>	<u>BY</u>	<u>MEET</u>
Discus	93'6"	Jaelyn Falls	Saydel
Shot Put	29'4"	Adyson Evans	Saydel
High Jump	4'4"	Megan Tobin	UNI
Long Jump	-----	-----	-----
<u>100m</u> [^]	12.62*	Jada Williams	Conference
<u>200m</u>	26.11	Jada Williams	Carlisle
400m	1:03.76*	Brycelyn Hanson	Cedar Falls
800m	2:35.76*	Marcella Sierra	Saydel
1500m	5:15.78*	Marcella Sierra	Districts
3000m	12:03.58*	Marcella Sierra	Cedar Falls
<u>100m Hurdles</u>	16.48	Rosa Monarch	Districts
400m Hurdles	1:13.95	Ariel Lee	Fort Dodge
<u>Shuttle Hurdle</u>	1:10.13*	Ellea Lewerke, Gwen Fiser, Tara Backhaus, Rosa Monarch	Districts
<u>4x100</u> [^]	50.81*	Rosa Monarch, Ariel Lee, Gwen Fiser, Jada Williams	STATE
4x200	1:53.90	Jada Williams, Madisyn Heller, Makenna Van Syoc, Megan Tobin	Saydel
<u>4x400</u>	4:13.64	Brycelyn Hanson, Megan Tobin, Madisyn Heller, Jada Williams	Districts
4x800	10:28.61*	Brycelyn Hanson, Marcella Sierra, Audra Mulholland, Aspen Cole	Districts
Sprint Med	1:57.23	Rosa Monarch, Gwen Fiser, Ariel Lee, Jada Williams	Saydel
Distance Med	4:55.57	Alexis Hoeft, Claire Reidel, Layla Phillips, Olivia Schissel	Districts

Underlined event indicates a 2021 state qualifier.

* Indicates time/distance was better than 2019 best. (No 2020 season)

[^] Indicates Drake Relays Qualifier

Mason City High School Girls Outdoor School Records

100m dash	1995	12.36	Shynell Stender
200m dash	1988	25.55	Michelle Dunn
400m dash	2013	58.80	Makenzie Meyer
800m run	1985	2:20.90	Julie Ray
1500m run	1988	4:48.03	Chris Wickering
3000m run	1987	10:24.80	Chris Wickering
4x100m relay	1988	49.57	Tiffany Wise, Kris Long, Jenny Stott, Michelle Dunn
4x200m relay	1980	1:46.10	Tammy Lunning, Sandy Heitland, Deb Gonnerman, Tina Solomon
4x400m relay	2014	4:01.03	Jenna Cornick, Kendall Cornick, Ashley Alert, Makenzie Meyer
4x800m relay	1992	9:37.32	Stephanie Scarrow, Molly Brandt, Jaime Hamann, Laura Hickman
Sprint Medley	1986	1:50.53	Kris Long, Trinda Wise, Shelly Lair, Michelle Dunn
Distance Medley	1980	4:12.83	Sandy Heitland, Tina Solomon, Tammy Lunning, Roxanne Peterson
100m hurdles 30"	2002	14.25 (#10 All-time in Iowa)	Kayla Sautter
100m hurdles 33"	2014	16.06	Kendall Cornick
400m hurdles	2004	1:05.09	Nicole Carroll
Shuttle Hurdle 30"	2003	1:00.80 (All Time Iowa Best)	Nicole Carroll, Danielle Hill, Andrea Sellers, Kayla Sautter
Shuttle Hurdle 33"	2014	1:09.51	Danielle DeRoy, Jenni King, Kayla Till, Kendall Cornick
Discus	1983	130'11"	Mickey Schoborg
Shot Put	2020	41'8 $\frac{1}{2}$ "	Grace Tobin
High Jump	2011	5'4 $\frac{1}{4}$ '	Autumn Alitz
Long Jump	2003	17'5 $\frac{1}{2}$ "	Nicole Carroll