

<u>Uni High Track & Field Records</u>		
<u>Girls</u>		<u>Boys</u>
Monique Brown 12.1	<u>100m</u>	Camden Coleman 11.14
Monique Brown 25.1	<u>200m</u>	Camden Coleman 22.33
Bridget O' Connor 58.7	<u>400m</u>	Malcolm Taylor 48.99
Arielle Summitt 2:11.03 (2018)	<u>800m</u>	Malcolm Taylor 1:57.86
Arielle Summitt 4:57.98 (2018)	<u>1600m</u>	Peter Hanratty 4:21.4
Arielle Summitt 10:58.21 (2018)	<u>3200m</u>	Albert Anastasio 9:37.48
Ella Schoenberg 16.6	<u>100/110 HH</u>	Blessing Omoniyi 15.73 (2019)
Sara Medendorp 48.32	<u>300m IH</u>	Dan Kolodziej 43.2
50.3	<u>400m Relay</u>	44.86 (2019)
1:51.2	<u>800m Relay</u>	1:33.59 (2019)
4:03.8	<u>1600m Relay</u>	3:29.85
9:48.0	<u>3200m Relay</u>	8:01.87
16-1 Cindy Wang	<u>Long Jump</u>	21-9 Jamsheed Shorish
32-6 Paige Martin	<u>Triple Jump</u>	43-2 Chris Bauer
5-2 Nadine Nicholson	<u>High Jump</u>	6-2 Ambrose Richards
33-9 Emma Hoyer	<u>Shot Put</u>	46-4 Franklie McFarland
113-10 Emma Hoyer	<u>Discus</u>	145-4 Steven Morse
10-6 Paige Martin	<u>Pole Vault</u>	11-9 Aaron Heumann

Girls State Track: 1985 Third Place, 1990 Third Place, 1991 Runner-Up

Girls Sectional Champions: 1984, 1985, 1991

Boys State Track:

Boys Sectional Champions:

Our Teams

High School Boys & Girls- IHSA

Subbie Boys & Girls- IESA



Coaching Staff

Head Coach:	Dean Kamps-	Sprints, Throws
Assistant Coach:	Michael Seiler-	Sprints, Jumps
Assistant Coach:	Karl Knox-	Sprints, Hurdles
Assistant Coach:	Rachael Brewer-	Head Distance Coach
Assistant Coach:	Adam Ludy-	Distance and Mid Distance
Assistant Coach:	Nathan Durkin-	Distance and Mid Distance

Communication:

Group Me

Download the App or visit the GroupMe website to receive quick updates and reminders. This will be the first method of communication for cancellations, arrival times, and other updates. Not email

Team Website

www.RunUni.Weebly.com

Team News and Updates, Practice and Meet Calendars, Team Documents, Results, Information, Gear to Purchase, Photos, etc.

Instagram

[@RunUni2020](https://www.instagram.com/RunUni2020)

Please subscribe to our Uni High Track & Field Instagram account to see photos of our team! Please email Coach Kamps if you do not want your picture online.

Illinois Track/XC (MileSplit)

<http://il.milesplit.com/>

The Internet home to all things Illinois Track and XC.

Practice

Practices and workouts are designed by Uni High coaches to challenge both the aerobic and anaerobic systems at scheduled times during the season in order to meet the goals of students and perform best at the Sectional and State Meets in May 2020. **If any additional workouts are being done privately, they should be communicated to the coaches in order to avoid over-training, injury, and untimely physiological adaptations.**

Practice schedules are event specific and will change once weather permits in the Spring (after Spring Break). In general, we have a "Distance" practice and a "Sprints" practice. Categorizing yourself in this manner may be challenging, especially if you consider yourself a "mid-distance" athlete or a field event specialist.

Armory Mornings (Tuesday and Friday):

Uni High Sprinters will have access to the Armory twice a week from 6am-7am. We will be sharing the 200m indoor track with the police academy as well as ROTC. You must be mindful of others using the track. Please do your best to **be punctual** to these practices as we only have **one hour** to complete a workout. Enter through the door directly across from Huff Hall near the intersection of 4th and Gregory. Meter parking is available. **Athletes are responsible for obtaining their own rides back to Uni (Carpool, Bike, MTD, Walk, Run).** Students will have access to the showers at Kenney Gym following all morning practices.

Additional Morning Practices (optional)

Distance Coaches are currently planning several opportunities for distance athletes to attend additional practices in the mornings at Kenney Gym. These morning practices will likely be scheduled on the same day as a workout. Example: Thursday 6am at Kenney (low intensity) and Thursday 4:15pm (high intensity). There may be some mandatory morning practices at the Armory depending on weather.

Urbana High School Practice: Open to the Public

During April and May we will gain access to the Urbana High School track from 5:45pm-7:00pm. Technically, open hours are 6:00pm-7:30pm, but if we arrive at 5:45pm, begin warming up, we can make the most of our time there. If you would like more time to hurdle, train on field events, etc, you are welcome to stay until close. We will be sharing this track with the University of Tentative dates have been added to our calendar but are subject to change. In the case of severe weather, we will take shelter in the Urbana Aquatic Center.

Attendance at Practices and Meets

A student must attend fitness class on the day of their absence (excused or unexcused). Athletes must be at all scheduled practices and meets when competing. Athletes with a planned absence communicated **one week in advance** are excused. This includes ACT/SAT Prep, doctors appointments, college trips, vacations, etc. Athletes may miss **one practice a week** for a regularly recurring commitment (piano lessons, soccer practice, science labs, etc), with coach approval. Athletes with **one** unexcused absences from practice will not be eligible to compete at the next meet (but still should attend). Athletes with **one** unexcused absence from a meet will not be allowed to compete in the following meet. Three unexcused absences from practice/meets will result in probation and a meeting will be held to discuss future with the team. Showing up excessively late for practice, or missing the bus to a meet is the same as an unexcused practice. If something happens (did not attend school due to sickness, family emergency, running late, leaving early etc), please **email a coach or text on GroupMe ASAP**.

Leaving Practice

Upon leaving practice, you must shake a coaches hand or fist bump before you leave. Please arrange a ride from practices in advance. **At least one coach will remain at Uni after school until your ride has picked you up.** If you use the weight room, clean up after yourself!

2020 Indoor Track Practice (until Spring Break)

	Distance Practice	Sprints Practice
Monday	Kenney 4:15- 6:00pm	Kenney 4:15- 6:00pm
Tuesday	Kenney 4:15- 6:00pm	Armory 6am- 7am
Wednesday	Kenney 4:15- 6:00pm	Kenney 4:15- 6:00pm
Thursday	Kenney 4:15- 6:00pm	Kenney 4:15- 6:00pm
Friday	Kenney 4:15- 6:00pm	Armory 6am- 7am

Meet Day

The time that athletes are to be excused from class, bus departures, event lineups, and return times will all be sent out prior to track meets via GroupMe. Upon arrival at a meet, our team will set up a team tent and participate in a "team lap" before beginning individualized warmups. Athletes are encouraged to cheer for their teammates during competition without distracting themselves from their own events preparation. At the conclusion of a meet, we will participate in a "team huddle" before cleaning up camp and returning to our bus **Athletes are asked to stay until the conclusion of each meet, unless special arrangements have been made with Coach Kamps.**

Uniforms

Uniforms will be issued by the Athletic Office at Uni High. Athletes are responsible for the cost of damaged, or lost uniforms. When we travel to meets, athletes are expected to be wearing Uni gear and sweats for warm ups. IHSA and IESA both require relay runners to wear the same color undergarments which should be **white**.

Transportation

Riding a bus builds team unity. Obviously there are some exceptions when riding with your parents is okay, but heading out and coming back with the team is best. When a bus is being provided, athletes are expected to be on the bus to and from all meets unless they have prior approval from Coach Kamps. There are no busses to the Armory and other local meets. Once every event has concluded, there will be a sign out sheet at our camp if you need to leave early. Make sure to also communicate this to a coach!

Sportsmanship

Athletes are expected to show proper sportsmanship towards officials, teammates, competitors, and coaches at all times. No fighting, bullying, or unsportsmanlike behavior is tolerated.

Injuries

Although we do all that we can to prevent injuries with our athletes, injuries can still happen. If you are injured, you are still required to come to practice and meets. We will provide appropriate cross training and drills to assist you in your efforts in getting better. Report all injuries as soon as they happen.

Running Shoes

Please ensure that you have appropriate running shoes at all times. If you need to purchase a pair of shoes and have no idea what may be best for you, it is a good idea to visit **Body n' Sole** or **Dick Pond Athletics** who specializes in running shoes and apparel. Make sure to mention Uni High to receive a **discount**. Not everyone has the same type of foot. Some people have high arches, some flat feet, some pronate, and the list goes on. Specialized running stores are able to suggest the correct shoe for your type of foot, foot motion, and event. The correct shoe will assist your efforts and help prevent injuries.

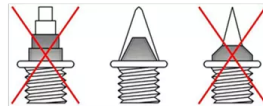
FAQ- When to buy new running shoes? Every 3 months **Or** Every 400 to 500 Miles.

Specialty Shoes (Spikes)

In general, if you have to choose between a spike or a training shoe, a trainer is much more important. For the more serious track athletes, a pair of competition spikes or throwing shoes is recommended. Specialized running stores can provide these for you.

$\frac{1}{8}$ " Spikes are allowed for indoor season (armory only).

$\frac{1}{4}$ " Spikes are allowed for outdoor season.



Weather/Snow/Lightning

During the Spring, we are subject to inclement weather. If there is snow or lightning in the area, the Athletic Director and Coaches will determine if it is safe to be outside. We will provide alternative activities if we are unable to practice outside. However, unless school is cancelled **we will always have practice**. Keep clothes in your locker to go inside or outside! This is especially true in March and May.

Lettering

High School athletes must compete at the varsity level in at least one half of the meets **AND** must maintain attendance and academic eligibility throughout the season and complete the season with the team. Athletes must also score a minimum of ten team points throughout the entire season or compete at the State Championship in May. Seniors with four years of exemplary service to the team are also eligible. **Subbies are not awarded letters at Uni High.**

Heptathlon

A Uni High tradition, the intersquad Heptathlon meet will allow Uni athletes to compete in a variety of events for a chance to win a team trophy. Events include: 110/100 Hurdles, 100m Dash, 400m Dash, 1500m, Long Jump, Shot Put, Discus. Senior captains will "draft" a team in March as athletes work to compete against each other in different events of the Heptathlon throughout the season. On the day of the actual event, captains will register athletes to events of their choosing (at least 3 per event). Athletes are able to participate in every event if they chose. Whoever is awarded the most points in these heptathlon events will be crowned "Most Athletic."

This year, we will be combining our Heptathlon date with our end of the season banquet. The schedule will most likely be something like, Urbana Track from 5:00pm-7:00pm, Awards Banquet at park from 7:00pm-8:00pm.