



TM

HELENA

TRACK AND FIELD

2024 Student-Athlete Handbook

MEET SCHEDULE

Friday, March 29	@ Senior	12 PM
Saturday, April 6	Sentinel/Belgrade	10:30 AM
Tuesday, April 9	@ Missoula Big Sky	3:30 PM
Saturday, April 13	@ MCPS Invitational (Varsity only)	9:30 AM
Thursday, April 18	Helena Freshman	3:30 PM
Saturday, April 20	@ Great Falls Invitational (Girls varsity only)	11 AM
Tuesday, April 23	@ Top 10, Missoula (Qualifiers only)	3:45 PM
Thursday, April 25	Small Schools (JV only)	3:30 PM
Saturday, April 27	@ Missoula Freshmen	10 AM
Saturday, April 27	Skor DeKam Invitational (Varsity only)	9:30 AM
Thursday, May 4	@ Great Falls Freshmen	4 PM
Saturday, May 4	Great Falls Dual	10:30 AM
Thursday, May 9	Crosstown	3:30 PM
May 17-18	@ Divisionals, Kalispell (Varsity only)	2 PM/10 AM
May 23-25	@ State, Great Falls (Qualifiers only)	3:30 PM

GIRLS COACHING STAFF

HEAD COACH

Jesse Zentz

EMAIL: jzentz@helenaschools.org | **PHONE:** 406-422-3039

SPRINTS

Heather McNeil

LONG AND TRIPLE JUMP

Andy Mulvaney, Tiffany Ferguson,
Michaela Parker

DISTANCE

Jesse Zentz, Kelley Gilbert
Jonna Schwartz, Michael Kauffman

HIGH JUMP

Andrew Mozer

HURDLES

Coby Furlong, Scott Todorovich

SHOT PUT AND DISCUS

Allie Keleti, Nikki Kreuger

POLE VAULT

Bill Hurford

JAVELIN

Jenna Frankino

FOLLOW US ON SOCIAL MEDIA

Facebook: www.facebook.com/bengaltrack

Instagram: [@hhsbengalstf](https://www.instagram.com/hhsbengalstf), www.instagram.com/hhsbengalstf

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MISSION

Empowerment and self-determination through the development of autonomy, competence, and belonging.

PROGRAM PILLARS

EXCELLENCE

CURIOSITY

UNITY

STANDARDS OF BEHAVIOR

BE ON TIME

BE PREPARED

BE PRESENT

BE RESPECTFUL

BE RESPONSIBLE

BE OF SERVICE

BE YOUR BEST

GENERAL TEAM EXPECTATIONS

1. **COMMUNICATION IS A MUST:** Don't assume your coaches know what you're thinking, feeling or experiencing. Communicate with your coaches. Help us, help you.
2. **PRACTICE IS MANDATORY:** Check-in starts at 3:15 p.m. after school and ends at 3:25 p.m. You are expected to be on time and dressed ready for practice, so we can begin at 3:30 p.m. with announcements and warmups. Practice generally lasts 2 hours.
 - a. If you are unable to attend practice, ***you must have a parent email or text the head coach to determine whether it will be excused.***
 - i. Excused absences will be granted for instances such as illness, injury, family emergencies, medical appointments, and other reasons beyond the student-athlete's control and at the discretion of the head coach.
 - b. 1 unexcused absence is cause for a one-meet suspension at the coach's discretion.
 - c. Missing pre-meet practice unexcused, will result in suspension from the meet.
 - d. If you show up late, you will be expected to complete the workout to your event coach's discretion to remain eligible for the team's next competition.
 - e. You are not to leave practice until practice is done, unless excused by the coach.
3. **BE A GOOD REPRESENTATIVE:** When you are a member of Helena High girls track and field team, you represent the program, the school and your community at all times. It's important to act that way and recognize your actions can impact the team at all times.
4. **DEMONSTRATE CONSIDERATION:** Each athlete – and coaches, too – are trying to improve and often need help. Realize the worth of everyone involved with the program and work together. Coaches can only spend a limited amount of time with each individual.
5. **MEET ATTENDANCE:** You are required to remain at meets for the duration to support your team and must attend the team meeting at the conclusion of the meet (attendance will be taken). Early excusal requests must come from a parent and be approved by Coach Zentz.
6. **TRAVEL:** We encourage student-athletes to travel home with the team on the bus after away meets to build unity. If you plan on travelling home with a parent or guardian, you must sign out with Coach Zentz at the conclusion of the meet, not during competition.
7. **SPRING BREAK:** We host practices and encourage all student-athletes to attend, but we also understand and support the value of Spring Break. Please communicate pre-planned vacation, so we can prepare for practices and competition that occur during break.
8. **GEAR:** Appropriate workout gear is required, along with your own water bottle. You must wear running shoes or good workout shoes appropriate for your event every day. Please arrive with layers appropriate for the weather forecast. Keep gloves, a hat, a sweatshirt, and a jacket in your locker at all times in case the temperature calls for it.

CONTROL THE CONTROLLABLES. WHAT DOES THAT MEAN?

1. **ATTITUDE** – Everything starts and ends with attitude and if you get it right, all else will fall in line with it. A positive, championship attitude helps you succeed and positively impact those around you.
2. **EFFORT** – How hard you work is up to you and no one else. If you give up that control, you are giving away one of the main things that sets you apart from the rest.
3. **FOCUS** – Focus is relaxed concentration; it becomes especially important in competition where outside distractions can keep you from performing at your best.
4. **PREPARATION** – The work you put into your mental and physical conditioning and preparation will directly affect your ability to train and compete while making a positive impact for your team.
5. **REST AND RECOVERY** – Sleep is a performance enhancer and high school student-athletes need 8-10 hours of sleep per night to function their best in the classroom, in training, and in competition.
6. **NUTRITION** – Your performance is directly impacted by your food and hydration choices. It is important to fuel your body for success. The body requires ample H₂O, carbohydrates, protein, and a variety of other nutrients to function properly. Your tank needs to be full to fuel your engine properly.
7. **COACHABILITY** – This has to do with your ability to receive, accept, and apply input from your coaches. The smartest athletes not only learn from their coaches, but also from teammates.
8. **EMOTIONS** – Do your best to identify what you're feeling before you respond to an event, situation, or person. Don't react, respond.
9. **COMMUNICATION** – Positive, sincere, assertive, and clear communication is not only something you can control, but will also give you and your team an edge.
10. **BODY LANGUAGE** – While this is a part of communication, it is actually the most visible and easiest thing you can change. Most experts agree that 70 to 93 percent of all communication is nonverbal. The way you carry yourself can lift or sink a team.

MONDAY RECOGNITION

1. **PILLAR SHOUT-OUTS:** Open opportunity for athletes or coaches to give fellow Bengals a shoutout for exhibiting our program pillars and standards of behavior.
2. **PR BARS AND POPS:** We highlight PRs with a choice of a mini candy bar or lollipop.
3. **VARSITY PERFORMANCES:** We highlight performances that achieve varsity letter standards.
4. **STATE QUALIFIERS:** State qualifications will be recognized with a unique pin.

BIG SISTER, LITTLE SISTER PROGRAM

Through the Big Sister, Little Sister program, we pair experienced returning students-athletes with newcomers or less experienced student-athletes to help incorporate them into our team. We conduct several activities during the season to recognize these relationships as we work toward making the Helena High girls track and field team inclusive and unified. Some examples:

- **Partner Activities:** Big sisters will be tasked with unique activities to build camaraderie and welcome newcomers to the program through mentorship.
- **Cardinal Carnations and Partner Props:** The program culminates with this celebration the week of our Crosstown meet, when Big Sisters are encouraged to share props or gratitude. Little Sisters will also be presented a Cardinal Carnation.

LETTER REQUIREMENTS

GENERAL

1. The student-athlete must complete the season unless injured or excused by the head coach for personal or health reasons. Injured athletes are encouraged to complete the season as a manager or student assistant.
2. The athlete must attend all practices and meets unless excused by the head coach.
3. The athlete must be in good standing with the team and school.
4. The athlete must have completed the season following the conduct required of a Bengal track and field athlete detailed above in Program Pillars, Standards of Behavior, and General Expectations.
5. Final decisions will be determined by the coaching staff and at the head coach's discretion.

VARSITY LETTER PERFORMANCE STANDARDS

In addition to the marks detailed below, we also award varsity letters to athletes who earn a spot on the Western AA Divisional team.

100 meters: 13.5
200 meters: 28.0
400 meters: 64.0
800 meters: 2:35
1600 meters: 5:50
3200 meters: 12:40
100-meter hurdles: 17.4
300-meter hurdles: 51.0
Javelin: 100-0
Shot put: 32-0
Discus: 95-0
Long jump: 15-0
Triple jump: 32-0
High jump: 4-10
Pole vault: 9-0

POSTSEASON CEREMONY

PERFORMANCE AWARDS

Cardinal Arm – Most Outstanding Thrower, points and coaches' discretion.

Cardinal Wings – Most Outstanding Jumper, points and coaches' discretion.

Cardinal Spike – Most Outstanding Track athlete, points and coaches' discretion.

All-Around Bengal – Most Outstanding All-Around performer, and coaches' discretion.

Most Valuable Bengal – Most valuable overall contribution to the team at coaches' discretion.

One to Watch – Top newcomer, based on points scored and coaches' discretion.

PROGRAM PILLAR AWARDS

Excellence – Discretionary award presented to the student-athlete who most exemplifies the program pillar of Excellence.

Curiosity – Discretionary award presented to the student-athlete who most exemplifies the program pillar of Curiosity.

Unity – Discretionary award presented to the student-athlete who most exemplifies the program pillar Unity.

Coaches' Award – Discretionary award presented to the student-athlete who best exemplifies all three program pillars and acts in a way that models our standards of behavior.

VARSITY AND STATE Q				HHS SCHOOL RECORDS				ALL-CLASS STATE RECORDS				AA STATE RECORDS			
Event	Varsity	State	Record	Record Holder	Year	Record	Record Holder	Year	Record	Record Holder	Year	Record	Record Holder	Year	
100	13.50	13.00	12.10	Heather Lewis	1993	12.19	Morgan Sulser, Senior	2014	12.19	Morgan Sulser, Senior	2014	12.19	Morgan Sulser, Senior	2014	
200	28.00	26.70	25.07	Odessa Zentz	2022	24.75	Jaden Wolff, West	2022	24.75	Jaden Wolff, West	2022	24.75	Jaden Wolff, West	2022	
400	64.00	1:01.00	56.02	Odessa Zentz	2022	54.62	Loni Perkins, Conrad	2003	55.87	Christina Aragon, Senior	2015	55.87	Christina Aragon, Senior	2015	
800	2:35.00	2:24.00	2:08.52	Carly Smiedala	2016	2:05.65	Christina Aragon, Senior	2016	2:05.65	Christina Aragon, Senior	2016	2:05.65	Christina Aragon, Senior	2016	
1600	5:50.00	5:23.00	4:56.99	Kylie Hartnett	2022	4:43.51	Christina Aragon, Senior	2016	4:43.51	Christina Aragon, Senior	2016	4:43.51	Christina Aragon, Senior	2016	
3200	12:40.00	11:50.00	10:54.20	Kylie Hartnett	2022	10:23.31	Christina Aragon, Senior	2016	10:23.31	Christina Aragon, Senior	2016	10:23.31	Christina Aragon, Senior	2016	
100 hurdles	17.40	16.30	14.47	Logan Todorovich	2022	14.11	Morgan Sulser, Senior	2013	14.11	Morgan Sulser, Senior	2013	14.11	Morgan Sulser, Senior	2013	
300 hurdles	51.00	48.50	45.47	Allison Morrison	2012	42.87	Liz Harper, Sentinel	2013	42.87	Liz Harper, Sentinel	2013	42.87	Liz Harper, Sentinel	2013	
Shot Put	32-0	35-3	42-0.75	Sydney Matfeldt	2022	47-6	Kylee Zent, Bridger	2004	46-3.75	Kelli Bruner, West	1988	46-3.75	Kelli Bruner, West	1988	
Discus	95-0	113	137-0	Almee Morrison	2006	157-0	Brooke Kearns, Big Sky	2018	157-0	Brooke Kearns, Big Sky	2018	157-0	Brooke Kearns, Big Sky	2018	
Javelin	100-0	115	155-9	Anna Brooks	2006	156-11	Angellica Street, C. Falls	2019	143-7	Aly Wardell, West	2009	143-7	Aly Wardell, West	2009	
High Jump	4-10	5-2	5-9.5	Kari Shepherd	1983	5-9.5	Kari Shepherd, Helena	1983	5-9.5	Kari Shepherd, Helena	1983	5-9.5	Kari Shepherd, Helena	1983	
Long Jump	15-0	16-6	19-4.5	Logan Todorovich	2023	19-4.5	Logan Todorovich, Helena	2023	19-4.5	Logan Todorovich, Helena	2023	19-4.5	Logan Todorovich, Helena	2023	
Triple Jump	32-0	34-0	37-10.5	Sarah Dudley	1992	39-9.25	Lauren Heggen, Sentinel	2019	39-9.25	Lauren Heggen, Sentinel	2019	39-9.25	Lauren Heggen, Sentinel	2019	
Pole Vault	9-0	10-0	13-2	Shannon Agee	1998	13-0	Shannon Agee, Helena	1998	13-0	Shannon Agee, Helena	1998	13-0	Shannon Agee, Helena	1998	
4 x 100	Place Div	50.60	48.69	Madilyn Todorovich Neveah Wetzel Odessa Zentz Logan Todorovich	2022	47.56	West Maddie Albrecht Maddie Brockel Ellie Scherfius Willia Albrecht	2018	47.56	West Maddie Albrecht Maddie Brockel Ellie Scherfius Willia Albrecht	2018	47.56	West Maddie Albrecht Maddie Brockel Ellie Scherfius Willia Albrecht	2018	
4 x 400	Place Div	4:12.00	3:56.56	Josey Smiedala Carly Smiedala Kendra Kloker Caille Karthack	2014	3:52.46	Bozeman Nichole Walker Keshia Shabazz Mandy Close Carlee Clark	2002	3:52.46	Bozeman Nichole Walker Keshia Shabazz Mandy Close Carlee Clark	2002	3:52.46	Bozeman Nichole Walker Keshia Shabazz Mandy Close Carlee Clark	2002	