

**Welcome to the 2026 Track
& Field Kickoff!!!**



EVERYTHING COVERED TONIGHT IS ON WEBSITE

- In-season Calendar
- Team Handbook
- Parents be sure to sign up for the Parent Group Remind

<https://zimmermantfx.com/>



Zimmerman T&F/XC Booster Club

- President: Erica Thompson
- Secretary: Jane Duvall
- Treasurer: Jennifer Tschida
- At Large Members:
 - Amy Wick
 - Nicole Lester
 - Carrie Luke



<https://zimmermantfxc.com/>

Boost Club Fee

@ZimmermanXCTF-BoosterClub



Middle School: \$25
High School: \$50

SNACKS

- Bus Rides
- Healthy

Team Bonding

- Team Meals
- Outings

ONLY 3 HOME MEETS



We Need
VOLUNTEERS

Thursday, April 9th
Tuesday, April 21st
Tuesday, May 12th

4pm - 7:30pm

Concessions - Pole Vault - High Jump - Long Jump - Throws

Introductions

Captains

-Girls: Lily Johnson, Madison Fisher, Keira Gulickson, Ava Poseley

-Boys: Owen Lester, Markus Hogan, Nolan Wegner, Mason Spence

Coaches:

Lynda Bouley - Head Boys & Distance

Cassandra Olson - Jumps

Cheresa Bouley - Hurdles/Sprints

Dan Hughes - Sprints & Relays

Adam Pelot - Head Girls & Throws

Eric Thompson - Pole Vault

Christopher Hupalo - Throws

Middle School - TBD

Athletic Director: Lisa Johnson

Athletic Secretary: Jill Reinking

Athletic Trainer: Gail Nelson



Why Track? Why Field? Why Compete?

2026 ZHS TRACK & FIELD CAPTAINS



Why Track? Why Field? Why Compete?

- More playing time
 - There are 18 events, with usually 2-3 athletes competing per event and sometimes more
 - Athletes can participate in up to 4 events per meet

- You will compete with athletes from many different sports
 - Track is the sport that will help make you a better athlete for your other sports
 - Jaire Alexander, DK Metcalf, Justin Jefferson (Sprints)
 - Jalen Hurts (Throws)
 - Cristiano Ronaldo (High Jump)
 - Alex Morgan (Sprints)

Why Track? Why Field? Why Compete?

- Improve multiple skill sets
 - You may play a sport that has you hone your skills for one particular position
 - Track gives you a chance to compete and train in different events which improve you all around, making you a better athlete
- Other reasons
 - Multi-sport athletes have shown a decreased injury rate over specialized sport athletes
 - Improved leadership and teamwork skills
 - Better academic performance & attendance
 - Gain self-confidence

EXPECTATIONS FOR OUR TRACK FAMILY

Zimmerman Track & Field's "High 5"

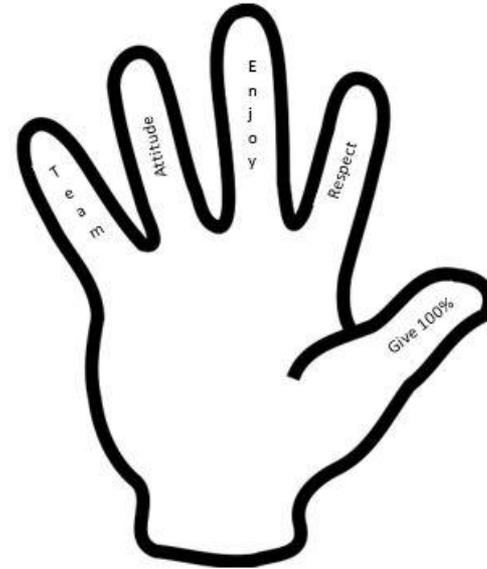
Give 100%

Respect All

Enjoy

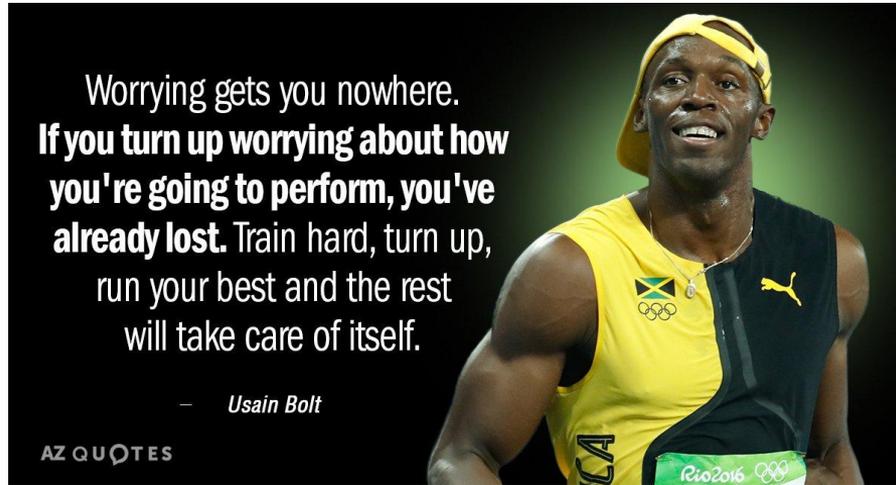
Attitude +

Teamwork



Our Recipe For GREAT-ness

EXCUSES...Not good enough, can't throw or jump far enough, run fast enough, don't want to be last...



“The principle is competing against yourself. It’s about self-improvement, about being better than you were the day before.” – Steve Young

ZMHS Track & Field Programs

Varsity: 9th-12th Grade

REGISTRATION: Register ASAP!!

-Start Date: March 9th

-Practice times: See Calendar on [T&F Website](#)

-Conference Championship 5/20 @ Chisago
Lakes High School

-Sections Wednesday 5/27 & Thursday 5/28 @
Sauk Rapids High School

Middle School: 7th & 8th Grade

Middle School Application

-Start Date: April 6th

-Monday-Thursday

-Practice times: 2:30-4:00

-One meet per week

-MS Conference Meet May 19th

-Last Day May 20th

Eligibility for Everyone

- In order to participate on the first day you must have these 3 things taken care of:
 1. Valid physical (see Jill in the office)
 2. Fees must be paid - free/reduced lunch policy - communicate with activities office
 3. All paperwork must be in (online) before the first day of practice

Register online at <http://www.isd728.org/zhs>
Click on activities tab and follow instructions.

Website & Communication

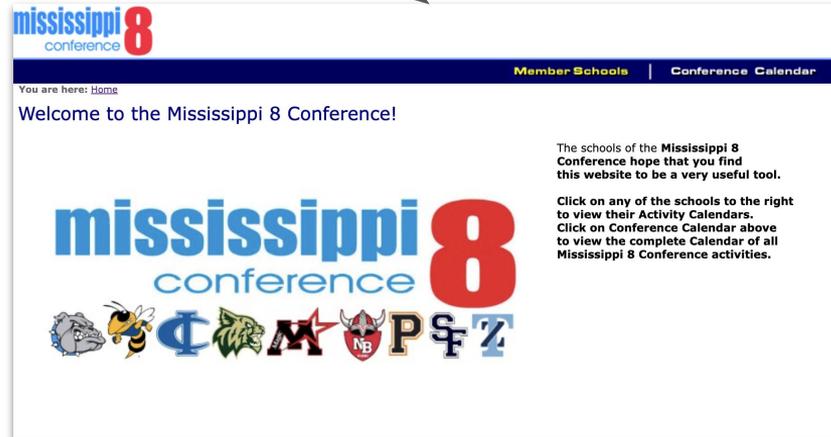
[Track & Field Website](#)

[Mississippi 8 Conference](#)

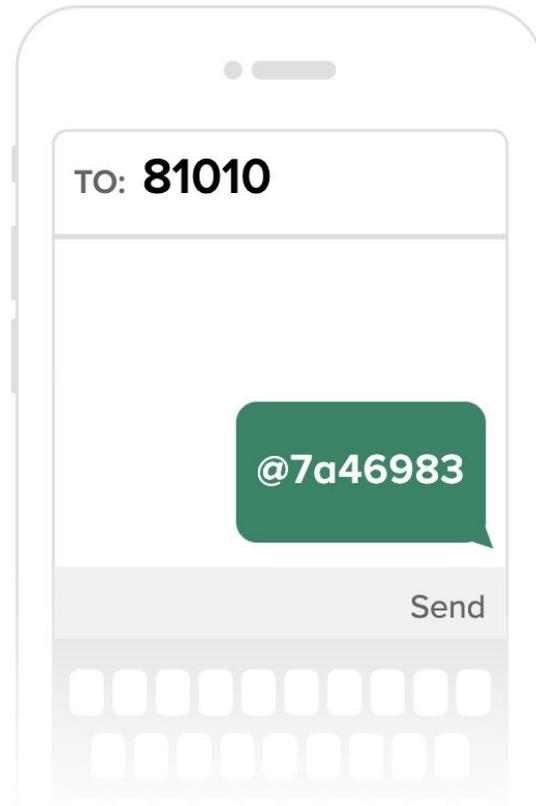
-Click on Zimmerman



HOME TRACK AND FIELD ▾ CROSS COUNTRY ▾ SPONSORSHIP/FUNdraiser ▾ MORE ▾



2026 T&F Parents Remind Group (Grades 9-12 Only)



Athlete Remind Groups (Grades 9-12 Only)

Coaches will take care of getting everyone on their respective teams Remind

Parent/Coach Communication

1st - Player/Event Coach

2nd - Player/Event Coach & Head Coach

3rd - Parent & Player meet with Head Coach and Event Coach (if needed other Head Coach will be available)

Coaches are approachable and want your sons and daughters to advocate for themselves

*There is a 24hr rule following the conclusion of any meet before any discussion may happen

Handbook

SOCIAL MEDIA POLICY

1. Assume nothing is private: This includes direct messaging. If you write it, you own it.
2. Remember that your audience is vast: You have no idea who will ever see what you write on the Internet. Anyone from your best friend on the team, to the head coach, to players from other schools, to your teachers can see what you post. Be wise.
3. Never post pictures from the locker room.
4. Complaining about your coaches or teammates will not solve anything. Talk to them directly to solve problems to make yourself and your team better.
5. Do not talk negatively about your opponents – do not trash talk. Be classy and stay away from giving our opponents locker room material.
6. If you retweet or re-post something, you agree with it.
7. Do not discuss injuries: Either yours or your teammates.

Appointments & Attendance

- **You are expected to be at practice everyday.**
 - Please make proper arrangements so athletes do not miss practice due to doctor, dentist, orthodontist, or behind the wheel appointments if possible.
 - Emergencies happen, so if you are going to be absent from practice or a meet you must contact Coach Bouley or Pelot. Send an email or text or come find Coach Pelot in the building
 - School Work - Stay on top of studies, you are a student first

School Attendance Policy

- Cannot participate in game or practice if you miss any portion of the school day with an unexcused absence.
- You must attend at least $\frac{1}{2}$ the school day in order to participate in game or practice. Are some exceptions, but they must be pre-approved by activities office.

How Does a Track Meet...Run?

- All races begin with a starter's pistol
- Any race that is longer than 100m, you always turn left
- Last for about 3 hours
- You compete in your events and when you're done you cheer on your teammates
 - Up to 4 per meet
 - (3 field, 1 running, 3 running, 1 field or any combination less)
- It is strongly encouraged that you stay through the end of the meet to support your teammates.
 - New process this year
 - If you need to leave you MUST **sign out** with your Head Coach
 - The M8 Conference has decided to charge admission to any meet between Conference schools
 - Please

Varsity Track & Field Order of Events

Track Events	Field Events
4x800m Relay 100m Hurdles-girls 110m Hurdles-boys 100m Dash 4x200m Relay 1600m Run 4x100m Relay 400m Dash 300m Hurdles 800m Run 200m Dash 3200m Run 4x400m Relay	Shot Put Discus Long Jump Triple Jump High Jump (starting heights determined @ coach's meeting) Pole Vault (starting heights determined @ coach's meeting)

M.S. Track & Field Order of Events

Track Events	Field Events
<ol style="list-style-type: none">1. 4x200m Relay2. 100 (30" G)/ 110 Hurdles (33" B)3. 100m Dash4. 1600m Run5. 4x100m Relay6. 400m Run7. 200m Hurdles (5 hurdles)8. 800m Run9. 200m Dash10. Medley Relay<ol style="list-style-type: none">a. 100m, 100m, 200m, 400m	<p>Girls/Boys High Jump Starting height TBD at coaches meeting</p> <p>Boys/Girls Pole Vault Starting heights determined @ coaches meeting</p> <p>Girls/Boys Discus</p> <p>Boys/Girls Shot Put</p> <p>Girls/Boys Long Jump & Triple Jump</p>

What Else Do I Need to Know?

- Proper Shoes
 - Running shoes for practice
 - Do you need track spikes or throwing shoes?
 - They are not required, however they are beneficial to their events
 - We supply replacement spikes
- Ryan from Twin Cities Running
- Proper Clothes
 - Distance crew must be ready to be outside from the first day
 - So that means warm clothing, hats, gloves, etc.
 - Everyone else should be dressed for the environment
 - You must have warm clothing in your lockers
- Water Bottle
- Healthy Snacks



Go to <https://shorturl.at/apeOX>



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PAGE 1 OF 6

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Team Coordinator Adam Pelot adam.pelot@isd728.org



Access Code
ZIMTF2026
www.bsnteamsports.com



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SHOP NOW

Order 1/28 to 2/26

No orders will be accepted after the deadline.



WELCOME TO OUR FAMILY!

