

La Salle High School

2023 Track & Field Flyer



How do I join?

Come out to the track at 3PM any day during track season and ask for Coach Blackman.
Or email Coach Blackman any time during the year at jblackman@lasallehs.org.

Who can join the team?

1. Athletes from fall and winter sports who want to develop their speed, endurance, power, and technique.
2. Anyone who may not have done another sport who wants to be an athlete.
3. Veteran track athletes.


Most members of our team had never done track before or maybe did it a little bit in middle school. No experience is necessary. We will show you what to do and how to do it.

For athletes aspiring to compete in their sport at the college level:

College coaches are looking for multi-talented athletes who can handle the college-level environment. Participating in multiple sports in high school shows college coaches you have a range of skills, and are more likely to adapt successfully to the college environment. Also, college coaches, and especially football coaches, value athletes who have participated in track because track makes you faster and stronger. A majority of NFL players participated in track. See a recent LA Times article on HS football/track athletes [HERE](#).

What is track & field?

Track is the first earthly sport. It is the true embodiment of fundamental human athletic skills, and it is a lot of fun. You can run, jump, throw, hurdle, and/or be part of a relay team. Track is both a team sport and an individual sport. You can score points for the team at our league meets by finishing in the top 3 in your event, or at invitationals in the top 6 or 8. You can excel individually by winning medals at Saturday invitationals, league finals, CIF Division Finals, Southern Section Finals, or State Finals.

 The most important measure of success is your improvement over time, and along with it, the team's improvement over time. The clock doesn't lie. The measuring tape doesn't lie. Improvement in track and field is very clear – faster times, farther jumps and throws. And ***the great thing about track is everyone can improve and, therefore, be successful.*** Our workouts at practice are designed to help you improve, and that is what it is all about – your improvement.

Coaches:

Coach Blackman – jblackman@lasallehs.org
Coach Norris – dnorris@lasallehs.org
Coach Shaw – dshaw@lasallehs.org
Coach McFee – jmcfree@lasallehs.org
Coach Ficklin – eficklin@lasallehs.org
Coach Williams – awilliams@lasallehs.org

Coaches Emeritus:

Coach A. Holyfield – Room 225
Coach K. Holyfield – Vice Principal

Team Parents:

Mr. and Mrs. Pejsa

When are practices?

Practices are typically held at 3PM after school on the track. On short school days, practices usually are at 1PM. Practice will be held rain or shine.

When are meets?

Meets are typically on Wednesdays and Saturdays, though not every Wednesday and not every Saturday. Everyone competes at Wednesday meets. ***There is no bench in the track league!*** Sometimes everyone competes at Saturday meets, though not always. It depends on the meet entry guidelines for Saturdays.

What events can I participate in?

There are 16 events contested in high school Track & Field in California. Athletes can compete in up to 4 events at a single track meet.

Sprints – 100 meters, 200 meters, 400 meters

Distance – 800 meters, 1600 meters, 3200 meters

Hurdles – 100/110 meters, 300 meters

Relays – 4x100 meters, 4x400 meters

Jumps – Long Jump, Triple Jump, High Jump, Pole Vault

Throws – Shotput, Discus

GO LANCERS! JOIN TRACK TODAY!



Some of our 80 team members last year at the Malibu Invitational!



Some of our 23 team members last year who qualified for CIF!