



La Salle High School 2024 Track & Field Flyer



Track & Field is a Spring Sport. Preseason workouts typically begin in January. Regular season practices typically begin in February. The Del Rey League season extends through April. The CIF season extends through May. Athletes competing in Winter Sports may join Track & Field whenever their Winter season concludes.

How do I join?

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

Who can join the team?

- Fall/winter sports athletes who want to develop their footwork, technique, speed, endurance, and power.
- Anyone who may not have done another sport who wants to be an athlete.
- Veteran Track & Field athletes.

Many members of our team have not previously participated in a lot of track. No experience is necessary. We will show you what to do and how to do it. Everyone gets to compete at our league meets – *there is no bench!*

Get cleared by the school to participate:

All athletes must have a completed physical in order to be cleared to participate in sports at La Salle. All clearance documents must be uploaded to your Home Campus account. Instructions for creating an account and getting cleared can be found at <https://www.lasallehs.org/athletics/athletic-clearance>. Make sure you check the boxes in Home Campus for all the sports you want to participate in, including Track & Field! If the Track & Field box is not selected, you aren't cleared for Track & Field, even if you were cleared for another sport.

For athletes who want to fully develop their physical and competitive skills:

Watch out for people who tell you that you need to do their sport all year long, or that you might fall behind if you don't do their workouts in the off-season. That mentality actually reduces your opportunities for athletics success, and limits most athletes' physical and competitive development. Participating in a competitive sport is always better than just doing off-season training. Doing a variety of sports and training activities over the course of a year develops a broader range of cardiovascular, neural, and muscular abilities, which in turn makes a better athlete. Doing the same sport over and over all year round can lead to burnout and diminishing returns. Track & Field will help you to be the best athlete you can be in every sport.

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 improves your footwork, and makes you faster and more powerful. Most NFL players participated in track. Our alums go on to compete in track in college as well.

What is Track & Field?

Track is the first earthly sport. In other countries it is called Athletics. It is the embodiment of fundamental human athletic skills. It is a lot of fun! You can sprint, run, jump, vault, throw, hurdle, and be on relay teams! Track is both a team 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 and CIF 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.



How do we measure success?

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 & 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. And it is a lot of fun to get better and be on a great team! 😊

Coaches:

Mr. Joe Blackman – jblackman@lasallehs.org
See attached doc for all Coaches and contact info.

Team Parents:

Mrs. Kelsie Pejsa - pejsa74@gmail.com
Mr. David Pejsa - david.pejsa@yahoo.com

When are practices?

Practices are typically held at 3PM after school on the track and last about 2 hours. On short school days, practices usually are at 1PM. On days we go to the weight room, practices may be a little longer. Practices 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 at our league meets!*** Sometimes everyone competes at Saturday meets, though not always. It depends on the number of entries we get 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

At some meets we may also contest the 4x200, 4x800, Sprint Medley, Distance Medley, and Throwers Relays!

GO LANCERS!

JOIN TRACK & FIELD TODAY!



2024 La Salle Track & Field Coaching Staff



JOE BLACKMAN '89

Head Track & Field Coach
Sprints, Horizontal Jumps Coach
Team Records
30th Season for La Salle
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DUANE NORRIS

Assistant Track & Field Coach
Distance, Relays Coach
Meet Manager, Statistician
30th Season for La Salle
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7th Season for La Salle
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ANTHONY HOLYFIELD

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9th Season for La Salle
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DAVID SHAW P'07 '11 '13

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Pole Vault Coach
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20th Season for La Salle
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BRYCE SHAW '13

Assistant Track & Field Coach
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4th Season for La Salle
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JAVIER GUZMAN '89

Assistant Track & Field Coach
Assitant Sprints, Relays Coach
13th Season for La Salle



KEN KEELER '02

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NICK NORMAN

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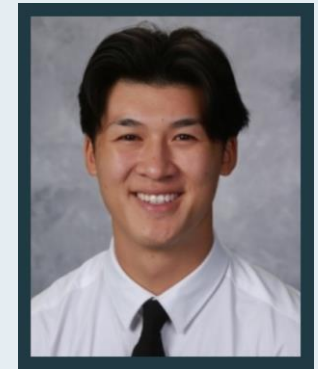
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ANDREW QUACH

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High Jump Coach
Assistant Horizontal Jumps Coach
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