



2025 RAIDER TRACK & FIELD

MIDDLE SCHOOL KIDS! Do you want to compete on the Stevens H.S. track & field team this year? Want to try an event you do not have at your school such as **POLE VAULT** or **JAVELIN**? The high school track & field season begins on February 27 for all events except for the pole vault which actually starts earlier on February 3. We also have "open roads", "Get Fast" speed workouts, and a free 2-week "Try High School Track" camp for interested middle school kids who are *serious* about track & field. Refer to our standards, requirements, and additional information on the back of this flyer and on our "Student-Athlete Resources" page located on our website-- www.RaiderTrackandField.com to see if you may be eligible.



BEGIN YOUR JOURNEY TO GREATNESS

POLE VAULT & JAVELIN

SINCE THESE EVENTS ARE NOT OFFERED IN MIDDLE SCHOOL, YOU MAY HAVE AN OPPORTUNITY TO TRY THEM OUT. YOU CAN STILL DO MIDDLE SCHOOL TRACK & FIELD IN YOUR OTHER EVENTS.

POLE VAULT

WE ARE LOOKING FOR ATHLETES WITH SPEED, POWER, GOOD BODY AWARENESS & DECENT UPPERBODY STRENGTH SUCH AS GYMNASTS, DANCERS, CHEERLEADERS, WRESTLERS, & ANYONE WITH A FEARLESS ATTITUDE. CONTACT COACH VOLLMER AT JESTER_VOLLMER@HOTMAIL.COM

JAVELIN

WE ARE LOOKING FOR ATHLETES WHO HAVE DECENT THROWING ARMS SUCH AS BASEBALL & SOFTBALL PLAYERS, GOOD SERVERS & HITTERS IN VOLLEYBALL AS WELL AS SPRINTERS, JUMPERS, HURDLERS & THROWERS. CONTACT COACH FERDINAND AT PAUL.FERDINAND@K12.SD.US

ALL OTHER EVENTS

We have some pretty high standards set for each event that if you can attain, there may be some spots for you on either our varsity team or our junior varsity team. For more information, contact the head coach at Paul.Hendry@k12.sd.us

If you're a **7th or 8th grader** at West Middle School or Southwest Middle School whose met the standards and requirements listed below, you may be eligible to compete at the high school level with one of the top track & field programs in the state. If you are interested or want more information, you can contact the Stevens H.S. Raider Track & Field Head Coach – Paul Hendry at Paul.Hendry@k12.sd.us.

| Event Standards to compete at the High School level as a 7 th or 8 th Grader (These standards must be met <i>consistently</i> during competition to be considered) | | |
|--|-------------|-------------|
| EVENT | BOYS | GIRLS |
| 100 Meter Dash | 11.95 | 13.35 |
| 200 Meter Dash | 24.50 | 27.80 |
| 400 Meter Dash | 54.95 | 1:03.50 |
| 800 Meter Run | 2:15 | 2:35 |
| 1600 Meter Run | 5:10 | 5:40 |
| 3200 Meter Run | 11:00 | 12:30 |
| 75 Meter Hurdles | 11.80 (36") | 12.50 (30") |
| 200 Meter Hurdles (30") | 28.30 | 31.50 |
| High Jump | 5'8 | 4'9 |
| Long Jump | 18'6 | 15'6 |
| Triple Jump | 37'10 | 32'10 |
| Shot Put | 42'0 (4kg) | 38'0 (6lb) |
| Discus (1kg) | 130'0 | 90'0 |
| Requirements to compete at the High School level as a 7 th or 8 th Grader | | |
| Be in good academic standing (Grades must be mostly A's & B's, maybe a few C's) | | |
| Be in good standing behaviorally (We will ask your principal, teachers, and coaches) | | |
| Be hardworking, coachable and have a positive attitude (We will ask your principal, teachers, and coaches) | | |
| Be physically and mentally mature enough to train and compete with high school athletes (We will ask your principal, teachers, coaches, and parents) (An updated physical will be required) | | |
| Be able to attend all practices and meets (You will need to have transportation to the various practice locations) | | |

We have two events at the high school level that middle school track & field does not offer: **pole vault** and **javelin**. These events are available for **7th and 8th graders** who are interested. For these two events you can still complete in middle school for your other events but after your middle school practice you may attend pole vault or javelin practice. If you do very well in either of these events, you could possibly compete in some high school meets if you are interested and have met the requirements above.

For the **javelin** we are looking for good athletes who have decent speed & footwork, good throwing arms such as baseball and softball players, good servers and hitters in volleyball. Sprinters, hurdlers, jumpers and throwers can also make good javelin throwers. If interested in javelin, contact Paul Ferdinand at Paul.Ferdinand@k12.sd.us.

For the **pole vault** we are looking for athletes with speed, power, good body awareness and decent upper body strength. Gymnasts, dancers, cheerleaders, and wrestlers are some of the athletes who make good pole vaulters. The pole vault season does start a month earlier than all other events (February 3) so if interested in the pole vault, contact James Vollmer as soon as possible at jester_vollmer@hotmail.com.

If you want to get a head start on your middle school season, we are conducting "Get Fast" speed workouts and *open roads* now until the season begins. Distance runners who are interested in *open roads*, contact Jesse Coy at Jesse.Coy@k12.sd.us. Once the high school season begins on February 27, we offer a free 2-week "Try High School Track" camp for 7th and 8th graders who want a little practice before their middle school season begins. These will be tough workouts and are for the "serious" track & field athlete only. Sprinters, hurdlers, and field events who are interested in the "Get Fast" speed workouts or anyone interested in the "Try High School Track" camp can contact the head coach, Paul Hendry at Paul.Hendry@k12.sd.us for more information.

Meeting the standards and requirements listed above does not guarantee you a spot on the team as there are other factors and policies involved with the petition process such as space availability and need at the high school level.