



Team BV-

**Track & Field
is a Team
Sport**

**Troy Sturgeon
Brandon Valley High School
Head Boys & Girls Track & Field Coach**



Coaching Bio

33 Years

- **1991 - Head Varsity T&F Coach - Rutland HS**
- **1992 - 1994 - Assistant T&F Coach DeSmet HS**
- **1995 - 1999 - Head Varsity T&F Coach DeSmet HS**
- **2000 - 2006 - Head MS T&F Coach - Brandon Valley MS**
- **2007 - Present - Head Varsity T&F Coach Brandon Valley HS**



Team Bio

- In 2007 - Neither Boys or Girls Team had ever:
- Won a Howard Wood Dakota Relays Title
- Won an ESD Conference Team Title
- Won a METRO Conference Team Title
- Been on the Awards Stand at State - Top 4 Teams
- Won a "AA" State Team Title
- 2006 - 21 boys and 17 girls - 38 Total Kids



1 - Where do we go from there?

- What is your vision, your values, your goals
- Decide on your rules - Consistency
- Communication



1 - Where do we go from there?

- What is your vision, your values, your goals
Track "IS" a TEAM Sport - Change the Culture
- Decide on your rules -
Team Handbook - Team Bible - Revise every year.
- Communication - "Crucial Tool" - *Email, Text, Twitter, Facebook, Snail Mail...with Assistants, Athletes, Parents, Administrators, Media etc.*



Track **"IS"** a TEAM Sport - Change the Culture

- Develop Personal relationships with your athletes-
When both coach & athlete feel this a strong bond of loyalty is created. I have developed many lasting relationships that have continued past their years of competition.





Track “IS” a TEAM Sport - **Change the Culture**

- **Develop your Team - “Covenant”** - This takes time...
“One Unit - One Family - One Goal - Team BV”
- **Living Document** - **constantly changing**
- **When we put Team First** - we almost always perform better individually...***PR’s, School Records, Top 10.***
- ***Have Fun - With your teammates everyday!***



Team BV Track & Field Covenant

- ***Develop your Team - “Covenant”*** - This takes time...
“One Unit - One Family - One Goal - Team BV”
- This basically is your Philosophy, with your rules and procedures, or as we call them “Expectations”
- These are given to the team and the parents.
- ***Develop a good sense of values.***
 - *A Love of your sport / discipline*
 - *A thirst of knowledge about your sport and your competition.*
 - *Athletics is a function of education and the place of athletics in your life.*



Team BV Track & Field Covenant

Expectations

- **As a program:**
- **We expect that all teammates will be on time and be prepared to practice or for a meet.**
- **We expect our teammates to take care of the little things... recovery, sleep, flexibility, hydration.**
- **We expect that our teammates will make school a priority and have good grades.**
- **We expect to work hard, to work harder than everyone else, at our school, in our conference, in the state!**
- **We expect to compete for a ESD / Metro Conference Team Title every year.**
- **We expect to be competing at the State "AA" Meet.**



Track **"IS"** a TEAM Sport - Personal Traits

We teach and preach the following three personal traits at all levels.

- **Understand how to be mentally tough** - in meets, in practice, in school, in life.
- **Understand how to bring the best out in their teammates** - *Be present, Show great effort, Show Humility, Show Respect, Be a Leader.*
- **Understand Commitment** - **being dedicated to your teammates for our goals.**



Track **"IS"** a TEAM Sport - Personal Triats

1. Understand how to be mentally tough - in meets, in practice, in school, in life.

- Be motivated, be positive, but be realistic.
- Be in control of your emotions, by being calm and relaxed in competitive situations.
- Be determined, highly energetic & ready for action
- Always be fully responsible.





Track **"IS"** a TEAM Sport - Personal Triats

2. Understand how to bring the best out in teammates

Teach our athletes what they can be. We need to detect potential, teach them to believe in themselves, they begin to work, then eventually arrive at their moment. They do that by being...

- ***Present,***
- ***Show great effort,***
- ***Show Humility,***
- ***Show Respect,***
- ***Be a Leader.***



Track **"IS"** a TEAM Sport - Personal Triats

3. Understand Commitment - **being dedicated to your teammates for our goals.**

- Teamwork is the ONLY way for our team to reach lofty goals and to produce that ultimate team moment. *For Example: Conference Team Titles, Placing or Winning State Meet*
- **The "TEAM" Concept not only applies to *meets*, but also in practice, in school, in life.**



Getting Started

1. Assess --- Where your program right now?
2. Staff Meetings - both individual & group
 - Are they on the same page? Do they share your vision? Your passion for kids and for Track?
 - Leave your meetings with a consistent program message.
3. Set the tone quickly... If they don't share it -
 - Get rid of them - they will bring your program down!
4. **Each athlete needs to know that every coach is totally invested in them and they always have their back.**



Putting the “TEAM” is Track & Field

These are some of the things we do...

1. **Team Meetings - (*but not to much*)**
 - A.) Pre-season
 - B.) Before Practices & Big Meets
2. **Pre and In-season Team Meals** - after indoor season
3. **Team Meal before major meets** - ie. HW, ESD, Metro, State
4. **Fundraising Competitions** - Team Incentives
5. **Overnight Trips to Meets** - great for team chemistry
6. **Music Practices** - Coaches Choice, Athlete Choice, games
7. **Working MS & Elementary Meets** - Throw Back Meets



Putting the “TEAM” is Track & Field

Race to the Ranch - Elementary Track Meet
Meet Me at the Track – Kids Camp





Putting the “TEAM” is Track & Field

Throwback Track Meets



Important Things To Do



1. Keep a File on Everything and Everyone
 - A.) Try to follow up every meeting with an email.
 - B.) You'll be surprised how far this goes with people
2. Be Very Organized
 - A.) Entries B.) Budget C.) To-Do Lists – Daily & for each Month & Season
 - D.) Time Management - Faith, Family, Teaching, Track, Fundraising
3. Team Handbook - For both Athletes and Parents
4. Delegate/ Delegate/ Delegate - let your staff help you! Entries
Entries, Attendance, Team Communication – Emails Practice Schedules,
Dismiss Lists, Website Updates, etc, etc
5. Consistency of Staff - Have them share your message every day
6. Stick to your Guns - defend your kids and your coaches
7. Befriend your Elementary/ MS PE Teachers / Coaches



Other little things that have made the difference

1. Get young kids (K-6) to go to meets.
 - A.) to watch Varsity kids / or Siblings / Family
 - B.) Or to compete in Youth Meets –
“Race to the Ranch” - “Meet Me at the Track”
2. Know all for your kids first & last names - BV 214 kids in ‘22
3. Spend Time with your AD - so important (Face to Face)
 - A.) X’s and O’s - Schedules, Kids, Problems, Suggestions??
 - B.) Personally - Invest in them as well.
4. Booster Clubs - Fundraising - Freedom from your budget!
5. Booster Parents - Meetings- Incredible-Invaluable Resource
6. Top Motivators - Lynx Combine, School Records, Top Ten List,
7. GOOGLE DRIVE - Gave my personal life back to me during track season!



This all takes time ...

Early Season Team Building !





This all takes time ...

**X's and O's are important but...Loving kids,
having Passion and Having fun is the key!**





Team Bio

Where are we now?

In 2011 - Breakthrough Year - Boys won 1st Meet as a Team -- SF Warrior Invite.

2012 - Won 1st ever ESD Conference Team Championship

2012 - State "AA" Boys Runners-Up





Team Bio

Where are we now?

2013 - Back to Back ESD Conference Team Championships
2013 - State "AA" Boys 3rd place Team





Team Bio

Where are we now?

2014 - 3 Consecutive ESD Conference Team Championships

2014 - State "AA" Boys 3rd place Team

2010 - 2015 - Team Avg Size - 125 Total Kids





Team Bio

Where are we now?

In 2014 - Breakthrough Year - Girls won 1st Meet as a Team -- Sioux City West Wolverine Invite.

- 2014 - Won 1st ever ESD Conference Team Championship**
- 2014 - Won 1st ever Metro Conference Team Championship**
- 2014 - Placed 5th - Missed Awards Stand by 1.5 points**





Team Bio

Where are we now?

2015 - Howard Wood 4x800 Relay Champs

2015 - Howard Wood 4x200 Relay Champs

2015 - Howard Wood 4x400 Relay Champs





Team Bio

Where are we now?

2015 - Girls won the Pierre Legion Relays

2015 - Back to Back ESD Conference Team Championships





Team Bio

Where are we now?

2015 - Back to Back Metro Conference Team Championship

2015 - State "AA" Girls Runners-Up, Missed Title by 2.5 pts

2010 - 2015 - Team Avg Size - 125 Total Kids





Team Bio

Where are we now?

- 2016 - Lost Metro Conference Team Championship by 1 point
- 2016 - ESD Indoor & Outdoor Conference Team Champions
- 2016 - State "AA" Girls Runners-Up, Missed Title by 8 pts

2010 - 2016 - Team Avg Size - 130 Total Kids





Team Bio

Where are we now?

2017 – Girls Lost Metro Conference Team Championship by 6 points

2017 - ESD Indoor & Outdoor Conference Team Champions Boys & Girls

2017 - State “AA” Boys & Girls Runners-Up, Girls Missed Title by 9.5 pts

2010 - 2017 - Team Avg Size - 133 Total Kids





Team Bio

Where are we now?

2018 - Girls Metro Conference Team Champions

2018 - ESD Indoor & Outdoor Conference Team Champions Boys & Girls

2018 - **State "AA" Girls State "AA" Champions ! 1st Ever Team Title**

2018 - Boys 3rd place Team **2010 – 2018 - Team Avg Size - 138 Total Kids**





Team Bio

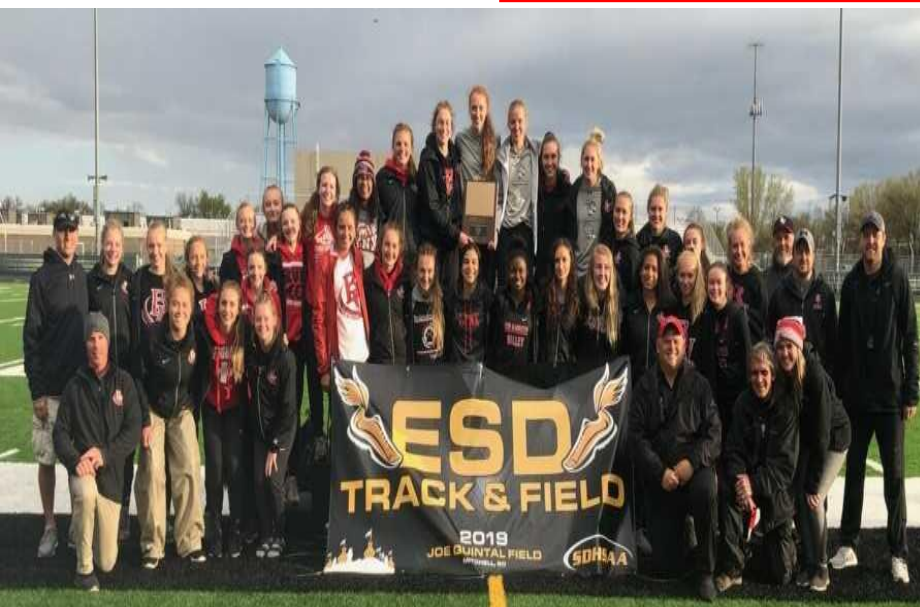
Where are we now?

2019 - Girls Metro Conference Team Champions – (4x) Time Champs

2019 - Girls ESD Indoor & Outdoor Conf. Team Champions – (6x) 2014-2019

2019 - **State “AA” Girls State “AA” 4th place Team - Boys 5th place Team**

2010 – 2019 - Team Avg Size - 146 Total Kids





Team Bio
Where are we now?

2020 - COVID



Team Bio

Where are we now?

2021 - Girls Metro Conference Team Champions – (5x) Time Champs

2021 - Girls ESD Indoor & Outdoor Conf. Team Champions – (8x) 2014-2021

2021 - **State “AA” Girls State “AA” Champions** - Boys 4th place Team

2010 – 2021 - Team Avg Size - 188 Total Kids





Team Bio

Where are we now?

2022 - Boys 1st Ever Metro Conference Team Champions

2022 - ESD Indoor & Outdoor Conf. Team Champions – (8x) 2014 - 2022

2022 - Girls ESD Indoor & Outdoor Conf. Team Champions –(11x) 2014-22

2022 - State “AA” Girls State “AA: Runner-up” - Boys 3rd place Team

2022 – State “AA” Boys & Girls Combined Team Champs - 1st Ever

2010 – 2022 - Team Avg Size - 214 Total Kids





Team Bio

Where are we now?

2023 - Boys 1st Ever Metro Conference Team Champions

2023 - ESD Indoor & Outdoor Conf. Team Champions – (10x) 2014 - 2023

2023 - Girls ESD Indoor & Outdoor Conf. Team Champions – (13x) 2014- 23

2023 - State “AA” Girls & Boys State “AA”: Runner-up - Teams

State “AA” Boys & Girls Combined Team Champs – 2nd Consecutive

2010 – 2023 - Team Avg Size - 189 Total Kids





Team Bio as of 2023

Boys or Girls Team have:

- Won 17 Howard Wood Relay Titles (Boys 3) / (**Girls 14**)
- Won ESD Outdoor Conference Team Title - (Boys 7) / (**Girls 9**)
- **Won a METRO Conference Team Title – (Boys 1) / (Girls 5 time)**
- 23 Total Boys and Girls Conference Team Titles - 2007-2023
- **Won a “AA” State Team Title – Girls 2018 & 2021 State Champs**
- **Girls Runners-Up – 2015, 2016, 2017, 2019, 2022, 2023**
- **Boys Runners-Up - 2012, 2107, 2023**
- **2006 - 21 boys and 17 girls = 38 Total Athletes**
- **2022 - 124 boys and 90 girls = 214 Total Athletes**



What's Next for our program?



Keep Having Fun!

**Stay Passionate about our Kids, our
School and our Sport !**

And keep following our Blue Print!



Thank you