



Prior Lake Boys Track and Field – Program Information

Program Philosophy: *Helping student-athletes develop into better athletes and people through demonstrations of respect, determination, and striving for excellence.*

2026 Coaching Staff:

Head Coach & Hurdles: Nic Seiler – nseiler@plsas.org

Distance: Missy Rock

Short Sprints: Ken Klamm

Throws: Jon Flatness

Long/Triple Jump: Peter Hartman

High Jump: Ian O'Connor

Pole Vault: Kevin Baas

Assistant Sprints: John Maresh

Assistant Sprints: Tyler Sherden

Assistant Throws: Ryan Parrish

Practice Structure:

Our first practice is scheduled for Monday, March 9th, at 3:20 p.m. Weekly practices run from 3:20 to 5:30 p.m. Practice depends on the events your athlete participates in. Some days, we may finish sooner than 5:30. Some event groups may choose to have Saturday workouts; this decision is at the discretion of the event group's coach. This will be communicated in advance.

Season:

Our season runs from March 9th until their final meet, which will vary based on performance level. Athletes not competing in our Section Meet will be done following our conference meet. Athletes competing at the JV Level will conclude their season on May 9th unless asked to stay.

Grades 9-12 Program:

We don't separate teams for 9th, 10th, or JV. We are a 9-12 Program. We all practice and train together.

Athletes need to supply the following:

Running Shoes, Competition Spikes, and Practice Clothing (t-shirt, sweatshirt, sweatpants, shorts, socks, hat, gloves, bag). Athletes may use a locker in the athletic locker room to store their gear. Lockers are available for purchase at the Activities Office. Prior Lake Track and Field gear to wear to meets. Any solid navy blue spandex that athletes choose to wear in competition should be discussed with their event coach to ensure compliance with the rules.

What gear we supply:

Competition Uniforms (top and bottom). *Lost or damaged uniforms may be subject to a replacement fee.*

Varsity/JV Meets:

Varsity meets are limited to a certain number of entries per event. The athletes who are at the top in their respective events will compete. JV meets are often unlimited entries. If you do not regularly participate in Varsity meets, you will often compete in JV meets. If you competed in a Varsity meet, that does not mean you might also compete in a JV meet at some point, and vice versa. Lineups will be posted on Schoology before meets to show what events the athletes will participate in.

Absences:

We expect athletes to be at practice and meets. They are expected to communicate any absences to their position coach. Excused or unexcused absences may affect an athlete's spot in an event or relay. The athlete must fill out the "Excused Absence Form" on Schoology if an absence is planned. If absences become an issue, the event coach will communicate with the athlete. A second meeting could result in dismissal from the team.

PLEASE ENCOURAGE YOUR SON TO DO THIS COMMUNICATION PROACTIVELY

Spring Break:

We will practice from 9-11 am, Monday - Wednesday of Spring Break. Athletes who are not on vacation are expected to be at practice. All athletes leaving for all or a portion of Spring Break must complete the proper form before the absence(s).

Bus/Meet participation:

We supply a bus to and from most meets. For some Varsity meets, a bus will not be supplied. Athletes may drive to and from meets with parental permission on the registration form. Parents may pick athletes up following their events. Please tell your event coach when you are leaving the meet.

Lettering:

- All Seniors who finish the season in good standing.
- Juniors who have completed at least 2 years of Track & Field or run “varsity”
- Underclassmen who compete in multiple varsity meets
- The entire team, if we qualify for the True Team State Meet.
- Coaches discretion in unique situations

Participation in Other Sports In-Season:

You may participate in other sports, such as AAU or Club Sports, during our track season. However, compromise is needed on both ends.

1. For athletes to place our Track Meets ahead of other practices.
2. Athletes should communicate ahead of time if they need to be gone.
3. For athletes to focus on track during our Championship Month of May.

Proactive communication is key. We can work together for what is best for the athlete in both sports.

Gear Order:

We'll have an online order for PL Nike Gear. The Gear Order will be open before and through the first week of the season. The supplier estimates 3-5 weeks for turnaround.

Fundraiser:

All athletes are required to help fundraise to meet the financial needs of our team.

South Suburban Conference [Website](#) (Meet Times/Dates)