

Santan Junior High Cross Country
2023



Coach:

Kerry Lantgen — Lantgen.kerry@cusd80.com; 480-883-4702

Welcome to the 2023 Santan Cross Country Team! This packet provides athletes and parents with information about practice times, team expectations, a competition schedule and parent volunteer opportunities. Please read the following information with your student athlete, sign the attached agreement, and return the agreement to the coach by Thursday October 26th.

Practice Schedule:

Please see attached calendar for practice and meet schedule. Nothing on calendar for the day – means NO XCR ☹️

A commitment for the next 8 weeks is essential! All practices are mandatory! Practices will take place in the afternoon starting at 4:05pm sharp, ending at 4:40pm.

Please join my XCR GROUPME via app for all team information, added practices, cancelled races, change of meet info –the way to communicate to Coach.

Attendance policy:

1. Attendance will be taken at every practice.
2. Unexcused absence — Student will not participate in the next meet.
3 unexcused absences the student will be dismissed from the team,
3. Excused absences — The athlete or their parent/guardian must notify a coach by email or GROUPME before the absence occurs.

TRANSPORTATION:

To meet:

- All athletes are to ride to all away meets on the bus unless the coach has approved parent transportation.

From meet:

***ALL athletes must be picked up from away meets –
Due to extreme bus driver shortage NO BUS will be
returning to school.**

Grades:

Weekly grade checks will be completed on Thursdays. Students with an 'F' on the grade check will be ineligible for the following week's competition. In order to be eligible, the athlete must present a dated printout showing he/she is passing all classes. The athlete is still required to attend practices even if ineligible for competition. Communication with Coach Kerry is necessary if tutoring arrangements need to be made.

Expectations:

To attend practices even if ineligible due to grades/ absences
To follow SJHS guidelines for behavior (no major behavioral problems/ consequences)

Bus behavior – any misbehavior may result in consequences.

In school suspension – Sit out 1 meet.

Out of school suspension – may result in removal from the team.

To maintain at least a 70% "C" average in all classes

1. At least a 70% to run in meet
2. If below 70% (60%-69%, a will be allowed to practice
3. If below 60% (failing a class) a player must sit out one meet (district policy) and must raise their grade to 70% before they can participate in meets

Playing a school sport is a privilege. Student athletes are to represent the program, school, coaching staff, family and themselves in a proper manner. Any action determined improper by the coaches or administration is subject to disciplinary action.

Parent Signature: _____

Athlete name: _____
(please print)

Parent Volunteers:

Santan will be hosting TWO home meet this season:

Monday 10/30: Name: _____

Email: _____

Tuesday 11/21: Name: _____

Email: _____

Many hands make little work & SJHS always has THE best parents!!!

If you are able to volunteer your time & talents we need a lot of helpers 😊

Meets usually take about 1 ½ hrs, please check the date if it works for you.
I'll send out a reminder email a few days prior to the meet.

All meets start at 4:30 p.m.

1:10

LTE 



Share Group

XCR SJHS 23'



Scan the QR code to join the group



October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Practice
4:05 - 4:40 pm

Practice
4:05 - 5:20 pm
Parent Mtg
Gym 5:30 - 6:00 pm

4:30
Home vs.
AJHS/BJHS

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NOTE ~ Wed 10/25 later practice due to parent mtg
@ 5:30 pm in Gym.

~ Thursday 11/2 8:20 am Pix in Gym - Athletes please
come in XCR jersey.

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 TEAM PIX 8 ²⁰ IN Gym	3	4	5
			Practice 4-4 ⁴⁰ pm			
6	7 4 ³⁰ @ WJHS	8	9 Practice 4-4 ⁴⁰ pm	10 No School -	11	12
13	14 4 ³⁰ @ CCHS	15	16 Practice 4-4 ⁴⁰ pm	17	18	19
20	21 4 ³⁰ HOME VS PJHS/SMS	22	Thanksgiving Break			
27	28 4 ³⁰ @ CMS	29				
Practice 4-4 ⁴⁰ pm			30 Practice 4-4 ⁴⁰ pm			

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Practice 4-440 pm	5 430 @ CHS	6	7	8	9
10	11	12 EVC CROSSROAD PARK	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

7/8 Cross Country

2023 East Valley Conference

Team Meetings Week of October 16th		
Regular Season Games		
Date	Santan Jr. High	Weekday
Oct. 30th	AJHS & BJHS	Monday
Nov. 7	@WJHS	Tuesday
Nov. 14	@CCHS	Tuesday
Nov. 21	PJHS & SMS	Tuesday
Nov. 28	@CMS	Tuesday
Dec. 5	@CHS	Tuesday
Dec. 12	EVC Championship @ Crossroads Park	Tuesday
	Season Concludes	
Boys' Meets Begin at 4:30 Followed by Girls'		