

Santan Jr. High Track 2025



Coach:

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Welcome to the 2025 Santan Track and Field 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 yellow agreement, and return the agreement to the coach by Tuesday, April 8th.*

Practice Schedule:

Please see attached calendar for practice and meet schedule.

Given the large amount of participants and a limited number of track meets commitment is essential! All practices are *mandatory*! Practices will take place before school starting at 7:30 a.m sharp, on the track, behind the school – COME ready to run! All practices end at 8:30 a.m. Athletes will change in the locker rooms, and be able to head to the café for some breakfast / tutoring.

Attendance policy:

1. Attendance will be taken at every practice.
2. Unexcused absences – 2 unexcused absences = athlete will not participate in the next meet. After 3 unexcused absences the athlete will be dismissed from the team NO EXCEPTION!
3. Excused absences – The athlete or their parent/guardian must notify the coach by phone or preferably REMIND/or email before the absence occurs. The coach's contact information is listed above.

Athlete Pick up:

It is MANDATORY you pick up your athlete from every track meet. There is NO returning bus to school.

Athletes NOT picked up by 6:15 will NOT be allowed to attend the next meet!!

Coaches are not there to supervise after meets are over.

Your athlete will be excused from 6th period class at 3:15pm riding the bus to the meet, we do not ever know what time the meets will end – it depends on the number of runners, how quickly the meet is ran, etc. Generally meets will not go past 6:15pm.

Athletic Fee: \$25 per athlete. Paid online through Infinite Campus/ AKTIVATE

Please pay your fee ASAP

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 unless he/she has prearranged for tutoring.

Behavior

Students, as a member of the SJHS Track Team your behavior is a reflection, of not only you, but our team and Santan. Behavior must follow the school expectations outlined in the student handbook. Disrespectful behavior may result in dismissal from practice or the team. This applies to the track as well as the classroom.

Students placed in in-school suspension = NO RACE

Students placed in in-school suspension a 2nd time= May result in TEAM DISMISSAL

Students placed in off campus suspension= May result in TEAM DISMISSAL
Conduct Referral = NO RACE

Guidelines:

1. Athletes must be on time and prepared for practice.
2. Athletes need to **bring water to practice** and drink plenty of water throughout the day.
3. Dress appropriately for practices. Wear lightweight workout clothes and proper running shoes. NO spikes are not required, but while running on the High School track they may wear them.
4. Due to the number of athletes, every effort will be made to include all Athletes in at least 1 event in every meet. EVC rules limit the number of participants in each event except the 800m and 1600m runs.
5. All athlete's and parents will follow the Victory with Honors code of conduct.
6. All athletes must possess a positive attitude.
7. All athletes must do their best at practice & use time wisely, as well as meets.
8. All athletes must show Respect and Responsibility for themselves, coaches, teammates, and opponents at all times.

Order of Meet Events for every meet:

75 M Hurdles, 100 M, 1600M, 4X100 M Relay, 400 M, 800 M, 200 M, 4X400 M Relay (Relay teams will be determined by the coach for EVC & if we have a high # of teams)

Field Events: High Jump, Long Jump, Shot Put, Discus(always open and up to hosting school, as to how many athletes they will allow).

The order is the same for every track meet.

Remind App: Please see attached ~ text code for Track & Field – SIGN UP! It's the best way to keep up-to-date with all information related to Track – change in practice day, Meet information, and all Reminders and you may contact me through the app.

Parent Involvement:

There are many ways that you can help support our Track Team. First, we hope that you can attend the meets and encourage our runners. Positive motivation during a meet can make a significant difference. You can also help our team by volunteering at our home meets April 17th (at BHS), May 1st (at PHS). **We need help** timing, measuring events, and assisting in meet organization. No experience necessary! If you would like to sign up to volunteer please indicate on the form below..

We appreciate the dedication you show to help the athletes have a positive and successful season. Thank you for your support and please feel free to contact us if you have any questions or concerns.

Most important enjoy the season! We are looking forward to a positive and successful 2025 Track Season!

2025 Santan Track Signature Form

Please return to coach by Tuesday April 8th.

Expectation agreement statement:

_____ and _____
(print student's name) (print parent/guardian's name)

I have read, understand, and agree to the mentioned team rules and guidelines. I understand that any missed practices must be made up (excused and unexcused) before participation in the next meet.

_____ and _____
(student's signature) (parent/guardian's signature)

Volunteers are Needed for Thursday April 17th & Thursday May 1st. No experience necessary! If you would be able to help, please print your name below and provide your contact information. Thanks in advance for your help!

(print volunteer's name)

(Email address -printed)

Please check which meets you will be available to help.

- ☐ **Thursday April 17th (at BHS)**
- ☐ **Thursday May 1st (at PHS)**