

Track & Field

Payne 2025

Coaches

Shannon Jacques: jacques.shannon@cusd80.com

Anna LeBaron: lebaron.anna@cusd80.com

Chris Heady

Stevie Lockhart

To keep communication consistent we ask that you contact either Jacques or LeBaron

Track Agreement

Show respect-we represent PJHS

Be on time and come prepared. Practice starts at 7 am on non-meet days.
Please be sure to bring water with you.

Be committed to the team

Attendance at all practices is expected. If you are going to miss a practice you must talk to one of your coaches at least one day in advance. Missed practice may affect your ability to participate in meets.

Track Agreement (continued)

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Eligibility

Grades are monitored- students must be passing a class in order to participate in meets

Heading home

Students must be signed out at away meets

There is only a bus to meets, not home but we will have a van

Students may only be signed out by parent or guardian or will need to have a transportation waiver on file.

Transportation waiver is specific.

Taking Care of Yourself

- Drink water!!! If you start drinking water at practice it is too late. Student athletes should be drinking water throughout the day
- Eat nutritious well-balanced meals
- Wear sunblock
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- Injuries need to be reported to coaches immediately!
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- If you don't feel well, PLEASE stay home & email/ contact Coach Jacques or Coach LeBaron

Regular Season Meets

Thursday April 10th at Crismon High 4:30 start time

Thursday April 17th at Perry High School 4:30 start time

Tuesday April 24th at Anderson Jr. High School 4:30 start time

Tuesday April 29th at Basha High School 4:30 start time

Thursday May 1st at ACP High School 4:30 start time

Thursday, May 8th at Basha High School 4:30 start time

East Valley Conference Meet

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Students must qualify to attend this meet. We are allowed to enter the top 2 athletes in each sprint running event for the EVC meet and high jump. The top 3 athletes for the 800, Mile, Long Jump, Shot and Disc can be entered to the EVC meet. To be eligible to be considered for the EVC meet you must participate in at least half of the Payne Meets- which is a minimum of 3 meets this year.

This meet is Thursday, May 15th

Parent Square

We will send messages through Parent Square. If you are not already signed up for parent square or your student is not signed up for Student Square we highly recommend it.

We send reminders about practices, meets and other important information. It is the easiest and fastest way to reach a coach.

Questions?