



# TRACK AND FIELD

Payne 2021

# COACHES

- Shannon Jacques
  - Email: [Jacques.shannon@cusd80.com](mailto:Jacques.shannon@cusd80.com)
- Anna LeBaron
  - Email: [Lebaron.anna@cusd80.com](mailto:Lebaron.anna@cusd80.com)
- Chris Heady

\*\*To keep information consistent please email either Coach Jacques or Coach LeBaron

# TEAM AGREEMENT

- Show respect-we represent PJHS
- Be on time and come prepared
  - Practice starts at 7 am on non-meet days. Please have a mask and 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. Due to COVID rules, if you are not feeling well or have been directly exposed to COVID, please stay home and contact Coach Jacques or Coach Lebaron. Please DO NOT COME TO PRACTICE IF YOU ARE SICK.

# TEAM AGREEMENT CONT

- Eligibility
  - Grades are monitored- students must be passing all classes in order to participate in meets
- Heading home
  - Students must be signed out at away meets
  - Students may only be signed out by parent or guardian or will need to have a transportation waiver on file.
  - Transportation waiver is specific.

# TEAM AGREEMENT CONT

- COVID

- Please be aware that masks are still currently required by all spectators
- Athletes may take off masks when competing only-this means when they are actively running/jumping/throwing
- PLEASE, PLEASE keep your student home if they are not feeling well.
- C2 Form- if your student is sent home from practice for a COVID symptom or is out due to COVID this form must be complete in order to return. Form will be emailed to parent.

# 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
- Injuries need to be reported to coaches immediately!
- If you don't feel well, PLEASE stay home & email/ contact Coach Jacques or Coach LeBaron

# REGULAR SEASON MEET SCHEDULE

- Thursday April 22<sup>nd</sup> at Anderson Jr. High 4:30 start time
- Tuesday April 27<sup>th</sup> at Basha High School 4:30 start time
- Thursday April 29<sup>th</sup> at Basha High School 4:30 start time
- Thursday May 6<sup>th</sup> at Casteel High School 4:30 start time
- Thursday May 13<sup>th</sup> at Basha High School 4:30 start time

# EAST VALLEY CONFERENCE MEET

- Students must qualify to attend this meet. We are allowed to enter the top 2 athletes in each event for the EVC meet. To be eligible to be considered for the EVC meet you must participate in at least 3 Payne Meets.
- This meet is Tuesday, May 18th



## REMIND 101

- To receive messages via text, text @shannonja to 81010 (student)
- Parent: text @pjhstrackp to 81010 OR @pjhsparen to 81010



## WANT TO HELP OUT?

- We are always looking for volunteers to help at home meets. Please sign up on the clipboard before you leave this evening.
- Home meet dates are April 29th and May 13th.