



TRACK AND FIELD

Payne 2022

COACHES

- Shannon Jacques
 - Email: Jacques.shannon@cusd80.com
- Anna LeBaron
 - Email: Lebaron.anna@cusd80.com
- Chris Heady
- Stevie Lockhart

**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 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.

TEAM AGREEMENT CONT

- 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
 - 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
- 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 7th at Eastmark High 4:30 start time
- Thursday April 14th at Basha High School 4:30 start time
- Thursday April 21st at Higley High School 4:30 start time
- Tuesday April 26th at Willis Jr. High School 4:30 start time
- Thursday April 28th at Williamsfield High School 4:30 start time
- Thursday, May 5th 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 17th

REMIND 101

- To receive messages via text, text @f2b2277 to 81010 (student)
- Parent: text @trackpj to 81010 or @44gdh4 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 14th and May 5th.