

Santan Junior High Cross Country
2024



Coach:

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

Welcome to the 2024 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 24th.

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 mornings, from 7:30-8:15a.m. Please be on time and ready to warm up/ run.

Please join my REMIND via app for ALL XCR information!– This is the way to communicate to Coach as well. Sometimes practice, meets, illness happen and we must be able to get information out athletes and parents.

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 REMIND before the absence occurs.

TRANSPORTATION:

To away meet:

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

***ALL athletes must be picked up from away meets – Coaches are not responsible for students at completion of meet.**

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. 70% to run in meet
2. If below 60% (failing a class) athlete must sit out one meet (district policy) and must raise their grade to 70% before they can participate in meets

Participating in 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 meeting Wednesday 10/23 5:30pm in the Gym, please plan on attending for all XCR information****

October 2024

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 <i>Practice</i>	23 <i>Practice</i> <i>PARENT³⁰</i> <i>MTG 5PM</i>	24 <i>Practice</i>	25	26
27	28 <i>Practice</i>	29 <i>Meet @</i> <i>Boyle</i>	30	31 <i>Practice</i>		

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Practice	5 Election Day Meet @ Queen Creek	6	7 Practice	8	9
10	11 Veterans Day No School	12 Home vs Castles & Newell Barney	13	14 Practice	15	16
17	18 Practice	19 Meet @ Payne	20	21 Practice	22	23
24	25 Practice	26 Meet @ Eastmark	27 No School	28 Thanksgiving Day	29 Black Friday	30

DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Practice	3 HOME VS Sossaman/ WJHS	4	5 Practice	6	7
8	9 Practice	10 EVC Championship @Crossroads Park	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day	26	27	28
29	30	31 New Year's Eve				

2024
7/8 Cross Country
East Valley Conference

Regular Season Games		
Date	Santan Jr. High	Weekday
Oct. 29	@ Bogle	Tuesday
Nov. 5	@ Queen Creek	Tuesday
Nov. 12	Casteel & Newell Barney	Tuesday
Nov. 19	@ Payne	Tuesday
Nov. 26	@ Eastmark	Tuesday
Dec. 3	Sossaman & Willis	Tuesday
Dec. 10	EVC Championship @ Crossroads Park	Tuesday
	Girls start @ 4:30, Followed by Boys	



Sign up for important updates from Ms. k. lantgen.

Get information for XCR right on your phone—not on handouts.

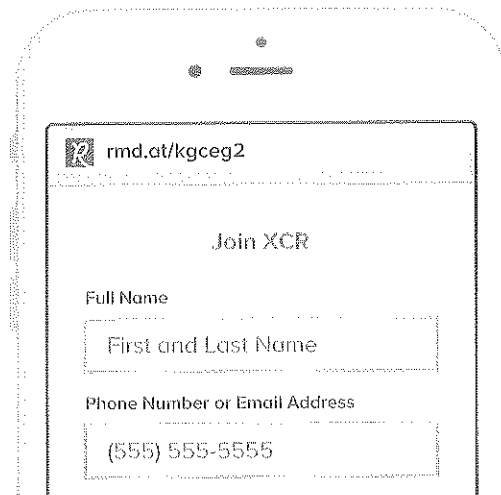
Pick a way to receive messages for XCR:

- A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/kgceg2

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



- B If you don't have a smartphone, get text notifications.

Text the message @kgceg2 to the number 81010.

If you're having trouble with 81010, try texting @kgceg2 to (469) 804-8093.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/kgceg2 on a desktop computer to sign up for email notifications.