

# Santan Jr. High Track 2024



## Coach:

Kerry Lantgen – [lantgen.kerry@cusd80.com](mailto:lantgen.kerry@cusd80.com); 480-883-4702

Welcome to the 2024 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 Monday, April 8<sup>th</sup>.*

## 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 after school starting at 4:05 sharp, on the track, behind the school – COME ready to run! All practices end at 5:15pm.

## 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.
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 on the school website.

## Athlete Pick up:

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

Your athlete will be excused from 6<sup>th</sup> 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. You must sign your athlete out after they have competed, although we highly encourage athletes to stay and cheer on our team!

## 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 2<sup>nd</sup> 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:**

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)

**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 May 2nd (at ACPHS), May 7th (at ACPHS). **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 2024 Track Season!

***2024 Santan Track Signature Form***  
***Please return to coach by Monday April 8<sup>th</sup>.***

**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 2nd & Tuesday, April 7th. Both meets will take place at ACP High School. 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 2nd (at ACPHS)**
- Tuesday, April 7th (at ACPHS)**



# Sign up for important updates from Ms. k. Iantgen.

Get information for Track & Field 24' right on your phone—not on handouts.


Pick a way to receive messages for Track & Field 24':

**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/gd8b6g2](https://rmd.at/gd8b6g2)

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 @gd8b6g2 to the number 81010.

If you're having trouble with 81010, try texting @gd8b6g2 to (757) 337-4602.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/gd8b6g2](https://rmd.at/gd8b6g2) on a desktop computer to sign up for email notifications.

# 2024 APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Practice	3 Practice *5:30 in GYM Parent Mtg	4	5	6
7	8 Practice	9 Practice	10	11 Practice	12	13
14	15 Sport PIX 8:30 in GYM	16 Practice	17	18 @OCHS 4:30	19	20
21	22	23 @Crisman 4:30	24	25 @AHS 4:30	26	27
28	29 @Casteel 4:30	30				

# MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Host @ ACPHS 4:30	3	4
5	6	7 Host @ ACPHS 4:30	8	9	10	11
12	13	14	15	16 EVC's	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	