

Parents of Track and Field Athletes,

Thank you for your support in allowing your child to participate in Spanish Fork High School Track and Field. We have put together a very strong coaching staff that will help your child have a rewarding season. We are asking each coach to have four primary goals this year:

1. Get the kids to love running, throwing, jumping.
2. Bring an unrelenting supply of positive energy.
3. Recognize the athletes efforts and results.
4. Communicate openly with parents and athletes.

We have 12 scheduled meets/invitationals this year in addition to the State meet for those who qualify. We expect all students to ride the bus to and from meets. This helps build stronger unity and improves team morale. We understand the students have busy lives outside of track and field, so any exceptions to not riding the bus to or from meets needs to be cleared with one of the coaches.

**Parent Help**

* Team Booster Presidents – Will help organize parent volunteers for meets, BBQs and End of season banquet.
* Video/Photos from meets – Will upload photos to our team web site.
* Meet helpers – assist in helping to measure field events and at the finish line
* Team BBQs – sign up to help host a BBQ in the SFHS cafeteria
* End of season awards banquet

**Finances**

The athletes keep their uniform at the end of the season. Athletes will be given an order code to get the player pack for free as soon as they have paid their activity fee.

Mandatory Fees

* $150 Activity fee – If athlete did not compete in track or cross country in 2023

Used to pay for our meet entry fees, buses, team gear (shirt and hoodie/pullover), team uniform and for track specific equipment. Player pack is included with the activity fee. The player pack includes: Team Uniform ($50 value) AND team tshirt/hoodie or Pullover ($50 value)

* $100 Activity fee – If athlete did compete in track or cross country in 2023

Used to pay for our meet entry fees, buses, team gear (shirt and hoodie/pullover), and for track specific equipment. Player pack is included with the activity fee. The player pack includes: Team tshirt/hoodie or Pullover ($50 value)

Optional Fees

* Additional team gear – Team shirts/hoodies/pullover for family members. All other team gear will be purchased as optional items via our team store. <http://sftrack.bluegeckoapparel.com/>

**Important Dates**

February 27th Register My Athlete Due – Can not practice until cleared (physical)

February 29th Team Time Trials – Please sign up to help

March 6th Team gear order #1 submitted

March 9th Activity Fee Due

March 13th Team gear order #2 submitted

March 18th Team BBQ #1 – Spanish Fork Cafeteria 4:15pm (right as we end practice)

May 8th and 9th Region Track Championships @ Maple Mountain HS

May 16th and 18th State Championships @ BYU

May 20th 6pm Team Banquet @ SFHS Cafeteria

**Track Web Site**

Sfhstrack.weebly.com/track.html This web site contains details on meet and practice schedules, race results, state qualifying standards, school records, team photos, coaching tips and comments and much, much more. Coach Cable updates the front page every Sunday afternoon with details about the coming week schedule.

**Athlete Eligibility**

We receive an eligibility email from the High School every Tuesday. To be eligible to compete at our first meet March 15th the athlete must:

* Be Registered on Register My athlete <http://registermyathlete.com/schools/index.php>
* Pay the Mandatory Fees
* Be academically eligible: 2.0 GPA, no more than 1 F and no more than 3 hours of detention.

**Coaches Contact Info**

Darin Cable – Head Coach, Relays, Javelin and Long Jump 801-319-4268

Kris Cary – Head Coach, Shot Put/Discus 801-669-6572

Reg Kovatch – Sprints and relays 801-372-3663

Spencer James – Hurdles 989-572-3662

Emma Burnham – High Jump 801-636-7077

Chelsea Romney – Distance 801-794-9572

Brennen Woodward – Head timer 385-282-8813

We look forward to working with your kids during this track and field season. If you have any comments or questions please feel free to reach out to any of the coaches.