

Dear Parents,

Spring is right around the corner, and so is the track season. We are glad that your student is interested in coming out for track this year at Minooka Junior High School. Track is a wonderful sport that offers a variety of opportunities which includes runs of 100 Meters, 200 Meters, 400 Meters, 800 Meters, 1600 Meters, 100 and 110 Meter hurdles, 4 x 100 relay, 4 x 200 relay, and 4 x 400 relay. Throwing events are the shot put and discus, and jumping events are the long jump, high jump, and pole vault. The sport is great for overall conditioning at any age level. For more specific information about events and training groups please check the "parent info" tab on the track website (<http://mjhs-track.weebly.com/>).

There are two levels of competition: JV (6<sup>th</sup> graders and 7<sup>th</sup> graders) and Varsity (the highest performing 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> graders) and we compete in the 4A division of the IESA. Track is an individual sport, as well as a team sport. An individual may compete in up to 4 events. We do have a limit on how many competitors we can enter in any one event depending on if it is a dual, triangular, quad or invitational meet. Your student will be asked to be in different events from time to time depending on what team(s) we are running and what would most benefit the team.

Our season overlaps with the community baseball/softball seasons, club wrestling, and club volleyball. We try our best to be flexible but we ask that your child make track his or her first priority when it comes to extra-curricular/club activities. Missing for a club sport will count as an unexcused absence. If a student has a prior obligation coaches must be told A WEEK ahead of time to plan for our meet lineup.

### **General Items:**

-Athletic participation rules are listed in the Minooka Student Handbook.

-The track calendar is subject to change due to weather and meet cancellations or additions.

Please be sure to sign up for the Remind app so that you can be notified of the changes.

\*8th Grade sign up: Text the message @mjhstrack8 to the number 81010.

\*7th Grade sign up: Text the message @mjhstrack7 to the number 81010.

\*6th Grade sign up: Text the message @mjhstrack6 to the number 81010.

-All practices will end in time for athletes to use the activity bus. If you are picking your child up from MJHS please pick up students at the east doors of the junior high. With the large number of athletes we advise arranging carpools or the use of the activity bus. Late pick ups may result in your child being removed from the team.

-Due to the number of students out for track, and the weather conditions, practice times are subject to change. (If it rains or is extremely cold we may cancel general practice and/or have a particular group indoors.)

-Students should always have a good pair of running shoes, a warm hooded sweatshirt, sweatpants, stocking cap, and gloves.

-Parents must sign a release form if providing transportation home after an away meet. If providing transportation for another student, written permission must be given from that student's parent along with the signature of the parent providing transportation for the athlete.

-Due to the size of our team and limited entries in away meets not all team members will get to compete in away meets. Athletes not traveling to the meet will still practice until 4:15. We will have time trials for these athletes to give them an opportunity to improve their times and possibly move to the travel team.

-Another complication with such a large team is the limited number of uniforms. Athletes are encouraged to purchase a spiritwear t-shirt to use at home meets if they are not issued a uniform.

-Uniforms are 100% nylon, wash in cold water, do not bleach, dry clean, or iron.

-All equipment issued by the school must be returned in good condition, or your student will be charged for replacement.

### **Athlete Conduct:**

Extracurricular activities offered by Minooka Community Consolidated School District #201 are an opportunity to enrich the educational experiences of students but are a privilege and not a right. All rules and regulations of Minooka CCSD #201 are in force at all extracurricular activities whether they are during the school day or during non-school time, at our school or when we are the guests of other schools.

**Any athlete demonstrating disrespectful behavior anytime will be suspended for the next contest.**

**Three detentions and/or a suspension during the season will result in the student being removed from the team for a minimum of one (1) contest. Further detentions and/or suspensions, may result in the student being removed from the team for the remainder of the season.**

### **Attendance Policy:**

- **Absences must be reported at least 24 hours in advance to your event coach and the workout will need to be made up in a timely manner. (We understand emergencies occur).**
- **5 days absent (excused or unexcused) and you are off of the team.**
  - o Exclusions include a prior commitment to a school event or illness/quarantine.
- **If you skip a meet without notifying a coach, you will be suspended the next meet.**
- **Attendance will be collected daily.**

This year practice will start the week of February 26th and the state finals are scheduled for May 17th and 18th. All schedules can be found on the track website, please make sure that you can commit for the season before joining.

**All athletes must have registered online by 3 pm on February 20th and have a current physical on file before the first day of practice. The \$40 activity fee is due by March 1st.**

If you have a question about registration contact Jessica Rios at [jrios@min201.org](mailto:jrios@min201.org). If you have specific questions about track or a particular event, please contact the head coaches or email the event coach once your child has been assigned a group. Each coach's contact information is provided below.

**For practice schedules and further updates visit the Minooka Junior High track website, <http://mjhs-track.weebly.com/>.**

Sincerely,

Justin Meents - Head Coach (Boys Sprints and Pole Vault) [jmeents@min201.org](mailto:jmeents@min201.org)

Michael Beguin - Head Coach (Boys Mid-Distance and Long Jump) [mbeguina@min201.org](mailto:mbeguina@min201.org)

Tina Kilgore (Girls Mid-Distance) [tkilgore@min201.org](mailto:tkilgore@min201.org)

Kevin Kreinbrink (Boys Sprints and High Jump) [kkreinbrink@min201.org](mailto:kkreinbrink@min201.org)

Oheneba Bonsu Wiafe (Girls Sprints and Hurdles) [obonsuwiafe@min201.org](mailto:obonsuwiafe@min201.org)

Brett Zdrubecky (Girls Sprints and Long Jump) [bzdrubecky@min201.org](mailto:bzdrubecky@min201.org)

Zachary Earls (Distance) [zearls@min201.org](mailto:zearls@min201.org)

Leah Davisson (Shot put and Discus) [Lrash@min201.org](mailto:Lrash@min201.org)



# MARCH 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>MINOOKA JH TRACK &amp; FIELD</b> TP = Team Practice FE = Field Events / Hurdles R = Relay PV = Pole Vault <b>Reminders:</b> Your child must be at TP. Only those listed by a coach should stay for FE/PV/R. After spring break coaches will provide individual practice schedules for field events. <b>Additional Information:</b> Calendars and additional info for the remainder of the season can be found on the track website: <a href="https://mhsbtrack.weebly.com/">https://mhsbtrack.weebly.com/</a> <b>Maintenance Run:</b> Easy Paces run on a soft surface to loosen the legs on your own	25 Maintenance Run & Stretch on your own	26 TP: 2:35 - 4:15 Parent Meeting (New athletes only) 4:15	27 TP: 2:35 - 4:15	28 TP: 2:35 - 4:15	29 TP: 2:35 - 4:15	30 No School Teacher Institute No Practice	31 2
	3 Maintenance Run & Stretch on your own	4 TP: 2:35 - 4:15	5 TP: 2:35 - 4:15	6 TP: 2:35 - 4:15	7 TP: 2:35 - 4:15	8 Distance & FE: 2:35 - 4:15	9
	10 Maintenance Run & Stretch on your own	11 TP: 2:35 - 4:15	12 TP: 2:35 - 4:15	13 TP: 2:35 - 4:15 FE: 4:15 - 4:45	14 TP: 2:35 - 4:15	15 Distance & FE: 2:35 - 4:15	16
	17 Maintenance Run & Stretch on your own	18 TP: 2:35 - 4:15	19 TP: 2:35 - 4:15	20 TP: 2:35 - 4:15 FE: 4:15 - 4:45	21 TP: 2:35 - 4:15	22 Early Release No Practice	23
<b>"Your training is 100% mental. Your body won't go where your mind doesn't push it."</b>	24 Maintenance Run & Stretch on your own	25 Spring Break Complete workout on your own	26 Spring Break Complete workout on your own	27 Spring Break Complete workout on your own	28 Spring Break Complete workout on your own	29 Spring Break Complete workout on your own	30



# APRIL 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
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	7 Maintenance Run & Stretch on your own	8 TP: 2:35 - 4:15	9 Home Meet Oak Prairie Bourbonnais 4:30PM	10 TP: 2:35 - 4:15	11 TP: 2:35 - 4:15	12 Distance & FE: 2:35 - 4:15	13
	14 Maintenance Run & Stretch on your own	15 TP: 2:35 - 4:15	16 Home Meet Homer Humphrey Brooks 4:30PM	17 TP: 2:35 - 4:15	18 At Liberty Liberty Mantoloking 4:30PM	19 Distance & FE: 2:35 - 4:15	20
	21 Maintenance Run & Stretch on your own	22 TP: 2:35 - 4:15	23 at Humphrey Humphrey Kelvin Grove Fairmont 4:30PM	24 TP: 2:35 - 4:15	25 Home Meet Ottawa Bourbonnais 4:30PM Final Day for Non-towel athletes	26 Early Release Distance & FE: 2:35 - 4:15	27
<b>"Grind when no one is watching so you can shine when the stands are full."</b>	28 Maintenance Run & Stretch on your own	29 TP: 2:35 - 4:15	30 TP: 2:35 - 4:15				



# MAY 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>MINOOKA JH TRACK &amp; FIELD</b> TP = Team Practice FE = Field Events / Hurdles R = Relay PV = Pole Vault <b>Reminders:</b> Your child must be at TP. Only those listed by a coach should stay for FE/PV/R. After spring break coaches will provide individual practice schedules for field events. <b>Additional Information:</b> Calendars and additional info for the remainder of the season can be found on the track website: <a href="https://mhsbtrack.weebly.com/">https://mhsbtrack.weebly.com/</a> <b>Maintenance Run:</b> Easy Paces run on a soft surface to loosen the legs on your own	29 Maintenance Run & Stretch on your own	30 TP: 2:35 - 4:15	31 TP: 2:35 - 4:15	1 TP: 2:35 - 4:15	2 TP: 2:35 - 4:15	3 Distance & FE: 2:35 - 4:15	4
	5 Maintenance Run & Stretch on your own	6 TP: 2:35 - 4:15	7 At Channahon 4:30PM	8 TP: 2:35 - 4:15	9 TP: 2:35 - 4:15	10 Early Release TP: 2:35 - 4:15	11 SECTIONALS
	12 Maintenance Run & Stretch on your own	13 TP: 2:35 - 4:15 STATE QUALIFIERS ONLY	14 TP: 2:35 - 4:15 Awards Spm STATE QUALIFIERS ONLY	15 TP: 2:35 - 4:15 STATE QUALIFIERS ONLY	16 TP: 2:35 - 4:15 STATE QUALIFIERS ONLY	17 STATE MEET Report to Tim to MHS	18 STATE MEET
	19 Maintenance Run & Stretch on your own	20 TP: 2:35 - 4:15	21 TP: 2:35 - 4:15	22 TP: 2:35 - 4:15	23 TP: 2:35 - 4:15	24 TP: 2:35 - 4:15	25
<b>"Don't be upset by the results you didn't get with the work you didn't do."</b> - Inky Johnson	26 Maintenance Run & Stretch on your own	27 TP: 2:35 - 4:15	28 TP: 2:35 - 4:15	29 TP: 2:35 - 4:15	30 TP: 2:35 - 4:15	31 TP: 2:35 - 4:15	