

## DISCLOSURE STATEMENT

**Jeff Hansen** / Head Coach / Pole Vault

**Jodie Van Tassell** / Sprints, Hurdles

**Josh Boehler** / Long Jump, Sprint Mechanics

**Sarah Yee** / Pole Vault

**Jen Hughes** / Head Coach / Mid-Distance, Distance

**Jayden Barnum** / Throws

**Jack O'Hara** / Throws

**Practices:** Weekdays @ 3 PM on SHHS track (Mondays @ 2:30 PM)

**Activity Fees:** \$150, payable to Salem Hills High School financial office, or online at [myschoolfees.com](https://myschoolfees.com)

**Recommended Equipment:** Running shoes and event-specific shoes (spikes / throwing shoes)

### Team Rules:

1. **ATTENDANCE:** All athletes are expected to maintain strict attendance to all practices, team meetings and competitions. Students who consistently fail to attend practices, meetings and competitions or are consistently late will be suspended and/or dismissed from the team. If a student must miss practice, they **MUST** inform the staff via Slack Channel (#absence-reporting) **PRIOR TO PRACTICE**. After 2 Unexcused Absences, the athlete is suspended from the team for one meet. After 3 Unexcused Absences, the student may be removed from the team. Excused absences are: illness, school required absence, or necessary doctor appointments. Other absences will not generally be excused. Additionally, 3 Tardies will equal 1 Unexcused absence.
2. **DUAL-SPORT ATHLETES:** If you are competing in another in-season sport at the school you must complete the Dual Sport Contract and have it signed by both coaches. Attendance and meet participation requirements will be adjusted accordingly on a case-by-case basis.
3. **GRADES:** All athletes are expected to maintain a GPA of 2.0 or higher, with no more than one failing grade (F).
4. **SCHOOL ATTENDANCE:** All athletes are expected to maintain a CPA (Citizenship Point Average) of 2.0 or higher, with no more than one Unacceptable grade (U).
5. **WARMUPS:** All athletes will participate in warm-up running, stretching and drills—regardless of events.
6. **SUBSTANCE ABUSE:** All athletes must abide by the Nebo School District Drug and Alcohol policy. Any violations will be grounds for dismissal or disciplinary action.
7. **HARASSMENT:** Harassment, hazing or teasing (including on social media) will not be tolerated on the team, and may be subject to immediate dismissal.
8. **TRAVEL:** All athletes will travel to and from ALL track meets with the team on the bus. No athlete will transport themselves—REGARDLESS OF AGE OR CIRCUMSTANCE. If you arrive at a track meet by ANY other means you will not be allowed to participate in that meet and will be on probation. A second violation of this rule will result in dismissal from the team. Athletes are strongly encouraged to stay throughout the course of the meet to support the team. If it is

absolutely necessary to leave a meet early, the athlete must be released directly to his/her parents—NO ONE ELSE. The athlete's parents must present themselves face-to-face to a coach and ask permission to take their athlete.

9. SPORTSMANSHIP: All athletes will exhibit good sportsmanship at all times—toward teammates, opponents, coaches and officials. Any poor sportsmanship will be grounds for disciplinary action.
10. MEET RESPONSIBILITY: It is the responsibility of each athlete to be aware of the meet schedule and calls to the bullpen, starting line, etc. The coaching staff will not be responsible for each athlete.
11. MEET PARTICIPATION: Athletes are required to be available for ALL MEETS throughout the season. Athletes are expected to participate in the events designated by their coaches. The coaching staff will determine who participates in Invitationals based on any/all of the following criteria: best time/mark, recent performance trends, practice attendance, meet schedule, maximizing team points, maximizing team participations, etc.
12. COMMUNICATIONS: Athletes are expected to join our Slack group for communication to/from the coaching staff. Athletes are expected to monitor the Slack group regularly for announcements and other important information from the coaching staff. Not having read Slack messages will not be a valid excuse for missing important team information.
13. UNIFORM: Athletes will be issued a team uniform after ALL documentation is completed and team fees are paid. The uniform must be returned in excellent condition at the conclusion of the season to avoid being charged \$120 to replace it. Athletes must wear full uniform at all times, at all competitions. Removal of, or failure to wear one's uniform is grounds for disqualification and team discipline.

### 2024 OUTDOORS

Date	Meet	Location
Fri, Mar 15th @ 3pm	<b>Skyhawk First Flight*</b>	<b>Salem Hills HS</b>
Tue, Mar 19th @ 3:30pm	Region Meet (SF, Wasatch)	Spanish Fork HS
Fri, Mar 22nd @ 2:00pm	<b>Mountain Valley Invite*</b>	Spanish Fork HS
Tue, Mar 26th @ 3:30pm	Region All-Comers	Spanish Fork HS
Fri, Mar 29th @ 1:00pm	<b>Juab Invitational*</b>	Juab HS
Fri, Apr 12th @ 2:00pm - Sat, Apr 13th	<b>Utah County Invite*</b>	Skyridge HS
Tue, Apr 16th @ 3:30pm	Region Meet (Wasatch, CV, Spvl)	<b>Salem Hills HS</b>
Fri, Apr 19th @ 3:00pm	<b>Skyhawk Invite*</b>	<b>Salem Hills HS</b>
Tue, April 23rd @ 3:30pm	Region Meet (CV, MM)	Cedar Valley HS
Fri, Apr 26th @ 2:00pm	<b>Nebo Invitational*</b>	Maple Mountain HS
Tue, April 30th @ 1:00pm	JV Region	<b>Salem Hills HS</b>
Fri, May 3rd 8:00am - Sat, May 4th	<b>BYU Invitational*</b>	BYU
Wed, May 8th 3:30pm - Thu, May 9th	<b>Region VII Championships*</b>	Maple Mountain HS
Thu, May 16 - Sat, May 18th	UHSA State Championships	BYU

\*State Qualifying Meet

For all Region Meets the Pole Vault will be contested on Mondays at 3:30 PM @ Salem Hills. Boys and girls will be combined.

### MEET PARTICIPATION

Athletes can participate in no more than 12 meets, only 8 of the 12 can be qualifying meets, plus the Region and State championships.

All athletes can compete in the Skyhawk First Flight, Region Meets, and JV Region.

Invitational meets limit the number of athletes either by school (ie, top 7 per school in each event) or by a total number of entries. ***Previous meet marks will determine our Invitational participants.***

## TEAM COMMUNICATIONS

### Primary Communication Method: Slack

All students must join our slack group to keep up to date with the day-to-day activities and announcements for our team. Slack is free software that works on phones and computers. Visit our website ([skyhawktrack.com](https://skyhawktrack.com)) and click 'Join Our Slack Group' under the links section on the right. **Make sure to allow notifications for Slack on your device** as our staff will be relying on you getting the information in a timely manner.

Slack is the preferred method of communication with the coaches. Please help us with this by directing all direct communication there.

### Channels:

Channels are a way to group communications in Slack. Coaches will post any all-team announcements to the #2024 channel. You will be automatically assigned to this channel and a few others by default, including the #absence-reporting. This is where you are required to post if you will be missing practice.

Athletes should join the other channels applicable to their events. For example, #sprints, #highjump, etc. Coaches will be posting event-specific information to these channels and it is expected that athletes will be monitoring these channels for updates. To find and join channels click the '+ Add channel' link in the Channels section of the left navigation pane.

### Profile Photos:

We strongly encourage you to add a profile picture that clearly shows your face. This will greatly help the coaching staff and your fellow athletes recognize you as many of us have never met.

### Parents:

Parents are welcome (and encouraged) to join the slack group (and channels they wish to follow) as well. Please join the #parents channel. Parents are welcome to contact the coaching staff in Slack via direct message.

ONLY POST LEGITIMATE INFORMATION TO SLACK. CONSIDER ALL CHANNEL POSTS TO BE PUBLIC INFORMATION. SPAMMING OR POSTING EXPLICIT OR INAPPROPRIATE CONTENT WILL NOT BE TOLERATED.

### Secondary Communication: Website / [skyhawktrack.com](https://skyhawktrack.com)

We will use the website as the official location for our schedule, news posts, files, and other resources.

## LETTERING STANDARDS

Athletes may earn an athletic letter by fulfilling ALL of the following requirements:

### Requirements:

1. Meet the required lettering standards in at least one event (see below)
2. Participate in every meet you qualify for throughout the season
3. A minimum of 90% attendance at all practices
4. Complete the season in good standing

\* Reasonable exceptions will be applied on #2 and #3 for dual-sport athletes.

BOYS			GIRLS	
Letter	State Qualifying		Letter	State Qualifying
12	11.3	100 M	13.5	12.92
24.8	22.59	200 M	29.2	26.13
54	50.5	400 M	1:05	58.9
2:09	1:57.22	800 M	2:40	2:20.29
4:55	4:20.66	1600 M	5:56	5:09.17
10:45	9:32.80	3200 M	13:10	11:19.33
18	15.81	100/110 H	18.6	16.2
44.5	41.32	300 H	54.9	47.23
105'	133'11"	Discus	80'	102'4"
125'	152'9"	Javelin	90'	102'3"
37'9"	45'10"	Shot	28'5"	33'9"
5'9"	6'1"	High Jump	4'8"	5'1"
18'6"	20'5"	Long Jump	15'	16'4"
9'	11'	Pole Vault	7'	7'9"
	44.21	4x100		51.15
	1:33.13	4x200		1:47.52
	3:29.96	4x400		4:07.12
	8:15.35	4x800		9:53.99

The top 4 in each event at the Region Championships will qualify for the State meet. Additionally, any individual or relay team meeting the qualifying standard at a sanctioned meet will also qualify for the State meet.



**skyhawktrack.com**  
Jeff Hansen / Head Coach  
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## UNIFORM CHECKLIST

You must complete each of the following items before you will be issued your uniform.

- ☐ Complete registration on [registermyathlete.com](https://registermyathlete.com)
- ☐ 9th Grader Participation Form (9th graders only). This is found and can be submitted on Register My Athlete.
- ☐ Salem Hills High School Attendance & Academics Clearance (by coaching staff)

Academics Eligibility - No more than 1 F or NG and a 2.0 GPA. If ineligible for term 2, you can still try out but will not be able to compete until term 3 grades are eligible and posted (After March 10th).

Attendance Eligibility - Less than 20 hours of detention. 1 absence is 1 hour of detention and a tardy is 15 minutes. This accumulates through the school year. Any time you are over 20 hours you are ineligible to compete until they get under 20.

- ☐ Complete baseline concussion evaluation with the athletic trainer (we will do this during the first week of practice)
- ☐ \$150 Activity Fee. Pay online at [myschoolfees.com](https://myschoolfees.com)
- ☐ Join our Slack group and also join your applicable channels (see Team Communications)
- ☐ Subscribe to our calendar found at [skyhawktrack.com](https://skyhawktrack.com)

## FOLLOWING THE TEAM

### Social Media

We will be using the following social media accounts. Our intention is to post the same content to all sites as much as possible. These links can also be found on our website at [skyhawktrack.com](https://skyhawktrack.com).

Instagram:  
[@skyhawktrack](https://www.instagram.com/skyhawktrack)

Facebook:  
<https://www.facebook.com/skyhawktrack>

Twitter:  
<https://twitter.com/skyhawktrack>

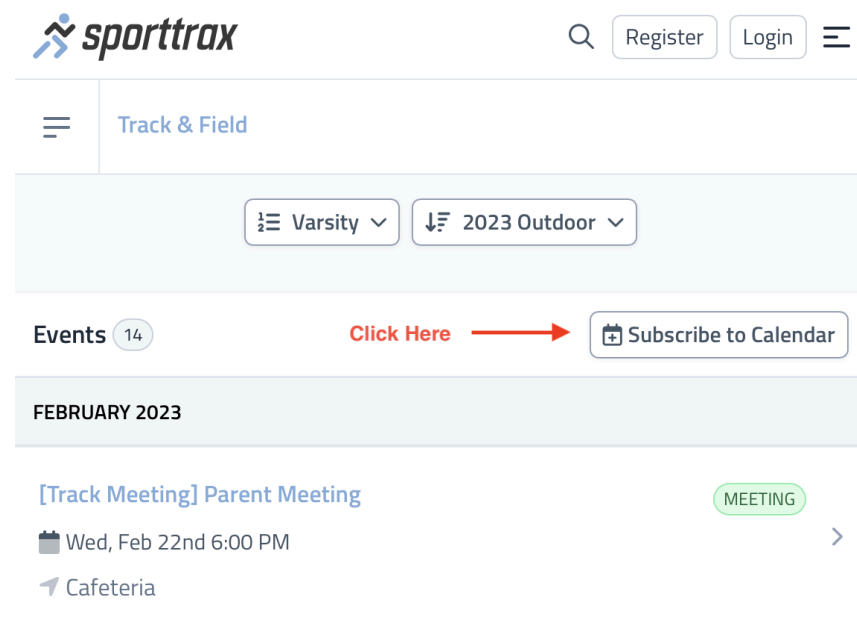
### Website

[skyhawktrack.com](https://skyhawktrack.com)

Our website will be used to post general information about our team. This will be the primary location for our schedule, where we will provide all applicable information about meets - including registration, detailed schedules, and results. You will also find links to our school records, state marks, and many other useful things. Please bookmark this page and check it regularly.

Subscribe to the calendars:

One of the features of our site is the ability to *subscribe* to our calendars. This will allow you to have all the applicable information about the events on your calendar and it will update automatically when changes are made. Click on the View Schedule link and choose the seasons you want to subscribe to. You will need to subscribe to the Indoor and Outdoor seasons separately. Click the link shown here to subscribe:



The screenshot shows the Sportstrax website interface. At the top, there is a navigation bar with the Sportstrax logo, a search icon, and buttons for 'Register' and 'Login'. Below the navigation bar, the 'Track & Field' section is highlighted. Under this section, there are two filter buttons: 'Varsity' and '2023 Outdoor'. Below the filters, there is a section for 'Events' with a count of 14. A red arrow points from the text 'Click Here' to a 'Subscribe to Calendar' button. Below the events section, there is a header for 'FEBRUARY 2023'. Under this header, there is a list of events, including '[Track Meeting] Parent Meeting' which is marked as a 'MEETING' and scheduled for 'Wed, Feb 22nd 6:00 PM' at the 'Cafeteria'.