



DISCLOSURE STATEMENT

Jeff Hansen / Head Coach / Pole Vault

Jodie Van Tassell / Sprints, Hurdles

Audrey Smith / Long Jump

Mindy Wettstein / High Jump

Spencer Van Ausdal / Mid-Distance

Jen Hughes / Head Coach / Mid-Distance, Distance

Chad Weight / Javelin

Jex Ashton / Shot Put, Discus

Sarah Yee / Pole Vault

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

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, other sport practice, or necessary doctor appointments.
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.
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.

I have read and understand the rules and expectations of participation in Track & Field at Salem Hills High School. I agree to abide by the rules and fulfill the coaches' expectations.

Student-Athlete

Student Name (print)_____

Student Signature_____ Date_____

Cell Phone Number_____ Email Address_____

Shirt Size_____ Pant Size_____

Parent

Parent/Guardian Name (print)_____

Parent/Guardian Signature_____

Cell Phone Number_____ Email Address_____

I am interested helping the team with meals and activities or by being a part of the booster club



DAILY PRACTICE SCHEDULE

Monday - Friday (Mondays: move all times back 30 minutes)

WE START ON TIME! ← Read this again.

3:00 - 3:10	Roll call and warm-up lap as a team
3:10 - 3:30	Agilities and core work as a team
3:30 - 4:30	Event work or weight room
4:30 - 4:45	Cool down and stretch

UNIFORM CHECKLIST

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

- Complete registration on 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)
- Complete baseline concussion evaluation with the athletic trainer (we will do this during the first of practice)
- \$150 Activity Fee. Pay online at myschoolfees.com
- Join our Slack group and also join your applicable channels (see Team Communications)
- Complete the Skyhawk 6



MEET SCHEDULE

Date	Meet	Location
Fri, Mar 18th @ 2pm - Sat, Mar 19th	Early Bird Invite*	Mountain View HS
Tue, Mar 22nd @ 3:30pm	Region Meet	Provo HS
Fri, Mar 25th @ 2:00pm	Mountain Valley Invite*	Salem Hills HS
Fri, Apr 1st @ 1:00pm	Juab Invitational*	Juab HS
Wed, Apr 13th @ 3:30pm	Region Meet	Salem Hills HS
Fri, Apr 15th @ 3:00pm - Sat, Apr 16th	Utah County Invite*	Salem Hills HS
Tue, Apr 19th @ 3:30pm	Region Meet	Salem Hills HS
Fri, Apr 22nd @ 2:00pm	Skyhawk Invite*	Salem Hills HS
Fri, Apr 29th @ 3:30pm - Sat, Apr 30th	Tiger Trials*	Orem HS
Tue, May 3rd @ 1:00pm	JV Region	Wasatch HS
Fri, May 6th 8:00am - Sat, May 7th	BYU Invitational*	BYU
Wed, May 11th 3:30pm - Thu, May 12th	Region 9 Championships*	Salem Hills HS
Thu, May 19 - Sat, May 21st	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.

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 Early Bird Invite, the 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 meets best marks will determine our Invitational participants.***

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 State.



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							
	Letter	State Qualifying	Won Region	Won State	School Record	5A Record	
100 M	12	11.28	11.15	10.82	11.12	10.61	
200 M	24.8	22.73	22.28	22.24	22.29	21.17	
400 M	54	50.78	49.78	48.78	48.31	46.24	
800 M	2:09	1:58	2:00.23	1:54.92	1:56.11	1:49.77	
1600 M	4:55	4:22.23	4:21.22	4:14.51	4:18.51	4:06.22	
3200 M	10:45	9:36.38	9:38.99	9:21.46	9:21.03	8:57.90	
110 H	18	15.97	15.78	15.3	15.99	13.81	
300 H	44.5	41.35	41.09	39.84	40.5	36.93	
Discus	105'	131'6"	153'5"	178'	166'2"	225'5"	
Javelin	125'	151'4"	170'10"	172'9"	192'	217'9.5"	
Shot	37'9"	45'2"	50'7"	58'9"	61'9.75"	64'2.5"	
High Jump	5'9"	6'	6'	6'6"	6'4"	7'	
Long Jump	18'6"	20'4"	21'04.25"	20'6.25"	21'3"	23'10.5"	
Pole Vault	9'	10'	12'	14'	12'	16'2.25"	
4x100		44.52	44.29	42.84	43.62	41.64	
4x200		1:32.95	1:31.55	1:29.46	1:33.80	1:31.38	
4x400		3:30.51	3:28.85	3:21.74	3:24.65	3:16.19	
4x800		8:21.58	8:13.04	7:55.93	8:15.42	7:59.62	
Girls							
	Letter	State Qualifying	Won Region	Won State	School Record	5A Record	
100 M	13.5	13.02	12.7	12.2	12.53	11.68	
200 M	29.2	26.4	25.86	24.54	25.42	24.18	
400 M	1:05	59.29	57.79	56.12	57.79	52.59	
800 M	2:40	2:21.03	2:38.90	2:12.48	2:16.75	2:08.45	
1600 M	5:56	5:13.31	5:11.50	4:49.18	5:00.23	4:52.29	
3200 M	13:10	11:27.50	12:49.22	10:57.31	10:52.99	10:34.73	
100 H	18.6	16.3	15.33	14.87	14.93	14.3	
300 H	54.9	47.72	46.13	45.12	46.68	43.04	
Discus	80'	100'8"	115'3"	122'11"	126'9"	160'10"	
Javelin	90'	102'5"	141'2"	130'7"	147'7"	147'7"	
Shot	28'5"	33'5"	35'2.50"	42'6"	40'10.5"	49'6"	
High Jump	4'8"	4'11"	5'4"	5'3"	5'7"	5'11.25"	
Long Jump	15'	16'	16'6.75"	16'6"	18'2"	19'4.75"	
Pole Vault	7'	7'6"	11'	11'3"	10'	11'11.75"	
4x100		51.5	51.13	49.17	48.42	47.33	
4x200		1:48.06	1:45.08	1:43.52	1:51.08	1:46.76	
4x400		4:07.95	4:00.53	3:59.53	3:56.89	3:53.37	
4x800		9:56.42	9:43.72	9:29.18	10:04.82	9:34.86	



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. Follow this link to join our group: slack.skyhawktrack.com. This link is also found on our website (skyhawktrack.com) under the links section on the right. **Make sure to allow notifications for Slack on your device.**

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 #general 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

Secondary Communication: Website / skyhawktrack.com

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

 [Subscribe to Calendar](#)

One of the features of our site is the ability to *subscribe* to our season calendar on your phone. 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 season you want to subscribe to. Next click the 'Subscribe to Calendar' button.



COACHING STAFF

Our Philosophy:

We believe all student-athletes have capacity for growth. We will do everything in our power to ensure each student-athlete has the environment, support, and tools needed to achieve the growth they are willing to work for - on and off the track. We feel that success is primarily defined by the student-athlete's ability to set goals, work hard, and improve against their own personal bests with a positive attitude - not by their capacity to win medals. We believe that track and field should be a fun and positive experience for everyone who participates.

Jeff Hansen / Head Coach / Pole Vault, Long Jump, Sprints

This is Coach Hansen's first year as head coach at Salem Hills High School. He is super excited to get to know and work with each of you. He loves everything about track and field. He competed at BYU in the pole vault where he won a national championship and was a 4-time all-american. He then returned to coach at BYU for 3 seasons. Coach Hansen is the president of a software company and loves anything techy. He is married to Kristie, who coaches volleyball at the high school. Together they have 3 children, including Sydney, who will be on the team this year. His family lives on West Mountain.

Jen Hughes / Head Coach / Mid-Distance, Distance

This is Coach Jen Hughes 13th year of coaching at Salem Hills for Cross Country and Track. She has a deep passion for running and loves coaching the athletes at Salem Hills High. She ran for a college in California before she decided to move to Utah and go to the U of U. After being in a wheelchair due to a car accident, she decided not to take her running for granted. She has been training in the marathon for a spot at the Olympic Trials. She is currently working at the high school and at a catering company (Clarion Gardens in Payson). She is married to Corom, who works at the Salem schools as the social worker. They have 4 daughters (10th, 8th, 7th and 6th grade) and they keep Corom and Jen on their toes. They live in Salem.

Jodie Van Tassel / Sprints, Hurdles

Jodie Van Tassel has been coaching the Sprints and Hurdles here at Salem Hills High School for 12 years. She loves being a part of the program and working with the athletes. Back in her glory days she ran sprints/hurdles at BYU. She grew up in Iowa and was inducted into the Council Bluffs Relays Hall of Fame for her successes in high school track. She is married to Don, who coached wrestling at Salem for 8 years, and they have 5 children, 4 of whom have already graduated from Salem Hills.

Chad Weight / Javelin

This will be Coach Weight's 7th year at Salem Hills High School coaching track and field. While he loves every aspect of track and field, the Javelin is his passion. Coach Weight was a high school state champion and has only grown to love it more since then. Coach Weight teaches psychology classes at the high school and has been doing so for 3 years now. He is married and has 2 boys with one more coming December 2021! His family lives in Santaquin.

Jex Ashton / Shot Put, Discus

Coach Ashton has been with Salem Athletics since age 8, but his love and passion for Shot Put and Discus started his sophomore year at Salem Hills. This will be his second year as the Throws Coach, and he couldn't be more excited. With new techniques and unique coaching style, he's planning on having a lot of success and fun this season. Coach Ashton is currently overlapping full-time work with an engineering company and full-time school at UVU to receive his Surveyors License after a bachelor's degree in Land Surveying. If he looks familiar, you probably know his parents Paul and Jeannie Ashton from Spring Lake. We now live in Payson. He is the youngest of 5 and loves to work hard and spend time outdoors.

Audrey Smith / Long Jump

Coach Smith has been with Salem Hills HS track for the past 6 years. She loves what track and field can teach about being a team player, as well as setting individual goals. She ran sprints and long jumped all throughout high school and then 4 years at Weber State University. It was at Weber that she started competing in the 400m and 4X4 which are her favorite running events. Coach Smith lives in Santaquin. She is married to Jared who is from Salem; and has 2 boys, Eugene and Boden. She teaches kindergarten in Orem and loves to get outside any chance she gets.

Mindy Wettstein / High Jump

Coach Wettstein is so excited to be a part of Salem Hills track and field, coaching high jump! She has coached at Westlake and Springville High school before coming here. In college she ran for UVU, competing in the pentathlon/heptathlon. She was the indoor WAC pentathlon champion, and broke the school record in the high jump. Currently she is a PE teacher at Mt Nebo Middle School, and is expecting her first child in June.

Sarah Yee / Pole Vault

This will be Sarah Yee's first year coaching at Salem HS. Prior to COVID shut down, Sarah coached pole vault in California for 3 years. Coach Yee was the first female vaulter at her high school and placed 4th at California state HS championships in 1997. Sarah went on to compete in division 1 soccer (4 seasons) and track & field (2 seasons) at Brigham Young University. In 1999, Sarah placed 10th at the NCAA division I finals. In 2001, Coach Yee was named to the NSCAA Scholar All-American team. Coach Yee majored in Health Sciences with an emphasis in Education and minored in Drivers Education. Besides coaching vault, Sarah has many years of coaching soccer and working with youth. She has a love for teaching youth to set goals (in and out of their athletic pursuits) and guides them in putting in the work to attain their goals. Sarah has been married to Justin for 20 years and has five children.

Spencer Van Ausdal / Mid-Distance

Coach Van Ausdal was born and raised in Salem. It was here that his love for running was born. Dedicating his life to running in the 7th grade, he learned critical life lessons that have shaped his future. His hope is to teach the student athletes the same important life lessons he learned and win some races at the same time. Coach Van Ausdal is currently studying Nursing at UVU with the intent to go to graduate school for anesthesiology. His hobbies include skiing, pickleball, and riding around on his moped.