

Standley Lake Track & Field

Team & Parent Meeting

<https://www.standleylakexctf.com/>



Coaches



- Corey Calcara

Girls Head Coach

Sprinters/Relays

Corey.Calcara@jeffco.k12.co.us

- Annie Nole

Boys Head Coach

Hurdlers/Horizontal Jumps

Annie.Nole@jeffcoschools.us

Assistant Coaches



Joseph Brancaccio - Throws

Tucker Grose - Distance

Curt Maertens - Pole Vault

Heather Martin - High Jump

Hannah DuVall - Sprint/Jump Assistant

Mercedes Steidley - Athletic Trainer

Stephanie Duncan - Nurse

Practice Schedule



Start of Practice –

- Feb 23rd - May 16th
 - Monday - Friday
 - 3:45 – 5:30ish

Expectations - Bring Water, Sweats (Traditional, and or long sleeve and thinner pants).

Still in school so dress code still applies.

Inclement Weather - Will be inside, upper and lower hallway.

Practice will be held over Spring Break, it's highly encouraged to attend but not mandatory if you'll be out of town. Practice will be held TBD.

Attendance



- Must be at practice to compete in the meet that week. NO unexcused absences in any classes to compete in the meet that week. NO unexcused absences from practice. If you have more than 2 unexcused absences from practice, then will be dismissed from the team.
- Keep communication open between yourself and the coaches. If you know you'll be missing practice, we need to know in advance **VIA EMAIL** from **Caregiver** for us to excuse that absence from practice.
- We will take attendance daily at practice.
- Make sure you have either the Head Coaches contact information.

Weekly Eligibility



- Must be enrolled in at least 6 classes
- Attend all team-related events (i.e. practices, meetings, etc.)
- Be academically eligible- no more than one F
- Attend full and normal class schedule on day of event
- Adhere to Jeffco Code of Conduct and Jeffco Athletics Participation Contract
- Academics, attendance/tardies, and behavior matter in and out of season
- Weekly eligibility is run on Wednesday and takes effect on following Monday
- Grade change forms must be submitted by student to athletic secretary no later than 2pm on Friday

Spring Eligibility Regain Dates



If student ended 1st semester with 2 or more F's and did not play a winter sport, we look at their grades on the following date:

-All Spring Sports - March 9th, 2026

If they still have 2 or more F's on the regain date, they are not eligible for remainder of spring season

Communication



- Communication is KEY!
- Sport/event specific – go to event coach
- Big picture (eligibility, playing time, absences) – go to head coach,
 - **Email is best**
- We'll be using SportsYou this year to communicate,
 - information will also be on the website – standleylakexctf.com
- Arbiter – updated meet information (weather impacting)
- **Have you student-athlete advocate for themselves**

Sports You Information

*If you have the app
please scan the QR
code

*If online go to
sportsyou.com



Access Code - "JEWA-AFAF"

Schedule



Sat, March 7th	Coyote Invite
Sat, March 14th	Golden Eagle Invite
Thurs, March 19th	Jeffco Non-Qual #4
Fri, April 3rd	Silver Knight Invite
Thurs, April 9th	Lakewood Tiger Invite
Wed, April 15th	Jeffco League Relays
Fri, April 17th	Centaurus Twilight
Sat, April 25th	Ram Charger Invite
Wed, Apr 29th (Prelims) Sat, May 2nd (Finals)	Jeffco League Meet
Tues, May 5th Sat, May 9th	Last Chance Meets T-Berthoud S-Maxine Erh
Thurs-Sat, May 14th - 16th	Colorado State Track Meet

JV/Freshman Meets



Thur, March 12th (JV)	Jeffco Non-Qual #2
Thur, March 19th (JV)	Jeffco Non-Qual #4
Tues, April 7th	Jeffco Freshman Invite
Wed, April 15th (JV/V)	League Relays
Wed, April 22nd	Jeffco JV Championships

All JV Meets hosted by surrounding schools are TBD, and tentatively scheduled for –

- Wed/Thurs, March 4/5th - @ ??????
- Wed, April 1st - @ ???????

Meet Expectations



Everyone arrive at SLHS in the morning by the designated time.

Warm-up as a team.

Cheer for one another .

Expectation is that everyone stays the ENTIRE MEET, if you ABSOLUTELY need to leave you need to check out with a Coach with parent permission.

Big Bag of Stuff (Sun screen, sweats, shorts, tees, food, water, extra spikes, long sleeve, roller, etc).

The Tent, the Tent, hydration, hydration, good food, good food. The sun is not our friend!

Don't binge on bad food, until you're done with all events for the day.

Proper language and representing SLHS in a positive way at all times.

Who Competes at Meets?



Limited number of entries per meet.

Entry limit is usually 3, but various meets range from 2-6.

Entries are typically due and set 48 hours in advance of the upcoming meet.

No changes can be made! If we have to take someone out, that basically leaves an empty spot.

Top 3 in the event will compete in the Varsity Meet (When we get 3 entries).

Athletes are allowed to compete in up to 4 events at a meet.

Varsity lineup is fluid and most likely changes each week. Performances and practice habits are taken into consideration.

Transportation



We are putting in for buses, and we may or may not get them. Most seasons it would depend on the day and location of the meet.

This year athletes may have to drive to the stadium for the meet on that particular day or ride with a teammate (if okayed by their parent, completed when registering).

Whoever you take to the meet you are responsible for driving them back to school to be picked up.

If parent not ok, with athlete riding with a teammate the parent will need to transport athlete to meet.

Team Store/Spike Night



Spirit Pack - Denver Athletic

LINK - <https://denverathletic.chippily.com/slhstrack/?action=viewall>

- Closing 2/22 @ 11:59 PM

Girls - Required to buy one sweat/warm-up suit and Women's Shorty Spandex (Part of Uniform), Throwers can order any of the shorts listed on the store.

Boys - Required to buy one sweat/warm-up suit Accelerate shortt. It is recommend to also buy Compression Shorts or Leggings (Part of Uniform), Throwers can order any of the shorts listed on the store.

Spike Night - Road Runners (Walnut Creek)

- Is Feb 25th, You will be able to purchase spikes/running shoes, etc at a discounted price.
- 3/16" Spikes or less are required at Jeffco.

Lettering



The student-athlete may earn a letter in Track & Field in the following ways:

1. Score 11 points during a track and field season in Varsity Meets. (Relay points are divided by 4).
2. Score in the League Track and Field Meet (individual events only), League Champs in a Relay.
3. Qualify for the State Track Meet.

Concussion



If your son or daughter sustains a concussion they will have to go through the Athletic Trainer for Return to Play Protocol.

Fundraising



King Soopers

Earn money for SLHS T&F just by grocery shopping! SLHS T&F earns a percentage of the purchase totals on a quarterly basis. You can switch organizations at any time!

To get started, visit

www.kingsoopers.com/i/community/community-rewards

Search for the team/club/activity you would like donation to go towards.

SLHS Booster: Track & Field, Organization

Number: TV639

**PLEASE switch from your fall/winter sports to track.
The organization must be specific.

Fundraising



Track & Field Fundraising -
Banner opportunity.

https://docs.google.com/document/d/1x6-8080FvCRSGkUkmsmnAv2OdzSYIzXGfI_ketxNKE/edit?usp=sharing

Parent Booster Committee



We are looking for 4-8 parents to help make the program great! Areas where you could help are

- Fundraising
- Team Equipment
- Banquet/Event Help
- Team Events

Questions?



Any Questions?

