

## 2026 Track Information

This packet contains information about the 2026 track season. All forms are available through the Infinite Campus portal. Please be sure to complete all forms so that your son/daughter will be cleared to participate.

### **Forms and Fees to Complete:**

- Code of Conduct
- Concussion/Injury Form
- Mahone Athletic Try Out form
- Athletic User Fee of \$50 (\$100 maximum per year)
- Uniform Order Form and Payment (attached)
- Cut Criteria (attached)

### **Physical**

- To participate in track, each student must have a current physical on file in the school office before being allowed to practice. Physicals must be dated after April 1, 2024.

### **Volunteering**

If you are interested in volunteering to coach an event or help out during a meet, please let us know. We are always in need of parents willing to help – especially at meets. Please contact one of the coaches if you are interested in volunteering.

### **Returning Forms**

All forms and money should be completed in Infinite Campus by Friday, March 6th. Uniform orders should be brought to Coach Straka. The first practice of the season will take place on Monday, March 16th. No athlete will be allowed to participate in practice or meets without all forms completed, fees paid, and an up to date physical. If you have any questions, contact us by phone or email.

**HEAD COACH** - Jason Straka (262-359-8109) - [jstraka@kusd.edu](mailto:jstraka@kusd.edu)

**ASSISTANT COACH** - Monica Santelli (262-359-8173) - [mlsantel@kusd.edu](mailto:mlsantel@kusd.edu)

**ATHLETIC DIRECTOR** - Emily Carton (262-359-8232) - [ecarton@kusd.edu](mailto:ecarton@kusd.edu)

(Also coaching this season, Dan Roethe, Tony Martin, Wardell Satterwhite)

## **Mahone Track Team**

### **General Information**

1. Track practice will begin Monday, March 16th. Practices will run from 4:00–5:45pm Monday through Thursday and 3:00–4:45 pm Friday. PLEASE PLAN TO PICK UP YOUR CHILD IN A TIMELY MANNER, staff cannot leave a student unattended.
2. Prior to the first practice, all members must have an up to date physical to participate in any practices or meets. This physical must be filled out by a physician and will need to be on file in the office. Any physical dated before April 1, 2024 is no longer valid.
3. Before practice starts, students must have paid a \$50 user fee and complete all paperwork. Please read, sign, and turn in through the Infinite Campus portal. Both parents and athletes must log in to sign the forms. All forms are available through the Infinite Campus portal and are due by March 6th.
4. Uniforms will consist of a track shirt and shorts. This uniform must be worn at all meets, sweatpants and sweatshirts are optional. Uniforms are mandatory. All of these will be similar to the previous seasons. If you need a uniform or need to replace part of a uniform, please turn in the uniform order form and money to Coach Straka (Date to come).
5. To remain on the track team, all athletes must demonstrate effort and improvement. Athletes who are not trying to get better will not compete in meets and may be dismissed from the team.
6. It is expected that all track members stay at our meets for the entire track meet. We are a team and we need everyone there at the end cheering and supporting each other. We will also sometimes need unexpected substitutes for events.
7. Athletes need to bring warm clothes (winter hats, gloves, sweatshirts, jackets) to practice and meets. Weather in Wisconsin is always changing in the Spring and cold muscles could result in injuries.
8. All athletes must wear proper running shoes for practices and meets. Spikes (not required) may only be worn at meets, not for practice.

## **Mahone Track and Field Expectations**

1. Middle School Track is an instructional and competitive sport. Athletes will be coached in best practices for training and competing. Athletes are expected to put maximum effort into training and competing. Athletes not participating with maximum effort will not compete and may be dismissed from the team.
2. All athletes must have a written note, signed by a parent/guardian, prior to the day of an arranged absence. If a student should leave school due to an illness or be absent from school, please bring a parent note the following day.
3. All athletes must attend a full day of school the day of a track meet. If you have an appointment the day of the meet, you will be allowed to participate in the meet.
4. All athletes must be at the practice prior to the day of the meet in order to participate in the meet. This is to ensure the safety of all the participants.
5. All athletes must be receiving passing grades in all classes to participate. Any athlete not passing all classes will not be able to compete with the team until the grades are passing. Grades will be checked each Monday at the end of the day.
6. Any conduct considered detrimental to the team will result in either suspension or dismissal from the team.
7. All athletes are **not** guaranteed spots in the meet. There are a set number of races and participants for each event. Only student athletes who work hard, attend practices every day, have good grades, and behave well in school and at practice will be eligible to compete in meets. Athletes not able to do the workouts in practice are not physically prepared to compete safely in the meets.
8. All athletes are expected to attend practice every day. Please let the coaches know if your athlete will miss practice.

## Track Uniforms

We are using the same uniforms as previous years. If you have a uniform that fits you **do not** need to purchase a new uniform. All uniforms must be paid in full before being ordered. There are hoodies and sweatpants available for chilly practices and meets.

Please circle the size for each Item. It is recommended to try on sizes, contact Brian or Anthony at Super Sports, 3206 80th St, Kenosha, WI. Uniforms cannot be returned. Youth sizes available by request.

### REQUIRED ITEMS

- Dry Fit Shorts
- Dry Fit Long Sleeve OR Short Sleeve

New athletes must select one of the following options.

Quantity	Option/Price	Items	Select Your Size			
	Option 1 \$25	Dry Fit Shorts	AS AM AL AXL			
		Dry Fit Short Sleeve	AS AM AL AXL			
	Option 2 \$30	Dry Fit Shorts	AS AM AL AXL			
		Dry Fit Long Sleeve	AS AM AL AXL			
	Option 3 \$40	Dry Fit Shorts	AS AM AL AXL			
		Dry Fit Short Sleeve	AS AM AL AXL			
		Dry Fit Long Sleeve	AS AM AL AXL			

### Extras

Quantity	Item	Price	Select Your Size				
	Dry Fit Shorts	\$14	AS	AM	AL	AXL	
	Dry Fit Short Sleeve	\$14	AS	AM	AL	AXL	
	Dry Fit Long Sleeve	\$18	AS	AM	AL	AXL	
	Sweatpants	\$24	AS	AM	AL	AXL	
	Hoodie	\$28	AS	AM	AL	AXL	
	Name on Back of Hoodie	\$0.50 per letter	Name: (max 11 characters)				

**Student Name:** \_\_\_\_\_

**Grade:** 6    7    8

**House:** \_\_\_\_\_

**Total Due:** \_\_\_\_\_ **Payment:** Cash \_\_\_\_\_ Check # \_\_\_\_\_

Return to Coach Straka

## **Mahone Track Cut Criteria**

Due to the number of students who join track and the limited number of events in which athletes are able to compete, Mahone will be instituting Cut Criteria for the team. All student-athletes are expected to work to their maximum potential and put their best effort into the practice workouts. Missing any/multiple criteria categories is grounds for being cut from the team at the discretion of the coaches.

All Athletes (Sprinters, Distance, Field Events)

- Must be able to complete full practice workouts at each and every practice
- Must attend all practices (other than excused absences from school, Doctor's Note)
- Contribute to a positive environment
- Show good sportsmanship to our athletes as well as those from other schools
- Be respectful and attentive to coaches and staff

My signature below indicates I have read, understand, and accept the Mahone Track Cut Criteria as stated above.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name Printed: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Name Printed (First and Last) \_\_\_\_\_