



# 2024 Info Packet

**Athletes text “@atrack24” to the number 81010 to join the Remind Group (this is more than highly recommended).**

**Parents text “trackpar24” to the number 81010 to join the Parent Group.**

Twitter: @cavemantrack

Instagram: @cavemantrack

Websites: <http://cavemantrack.weebly.com>

<http://cavemantrack.blogspot.com/>

# 2024 Cavemen Track and Field Coaches

Name	Events	Contact Info
Brett Myrup	Head Coach, Sprints, Hurdles	<a href="mailto:bmyrup@alpinedistrict.org">bmyrup@alpinedistrict.org</a>
Bruno Hunziker	Girls Distance	<a href="mailto:bhunziker@alpinedistrict.org">bhunziker@alpinedistrict.org</a>
Lindsey Dunkley	Girls Distance	<a href="mailto:dunkleyfam@gmail.com">dunkleyfam@gmail.com</a>
Timo Mostert	Boys Distance	<a href="mailto:tmostert@alpinedistrict.org">tmostert@alpinedistrict.org</a>
Leonard Myles Mills	Sprints	<a href="mailto:lonia998@gmail.com">lonia998@gmail.com</a>
Cathy Jimenez	Sprints, Hurdles	<a href="mailto:cathyjimenez@alpinedistrict.org">cathyjimenez@alpinedistrict.org</a>
Erik Lund	Long Jump, Sprints	<a href="mailto:elund@alpinedistrict.org">elund@alpinedistrict.org</a>
Jennifer Hickenlooper	Hurdles	<a href="mailto:jennifer.hickenlooper@klasresearch.com">jennifer.hickenlooper@klasresearch.com</a>
Courtney Isom	High Jump, Long Jump	<a href="mailto:courtneyisom14@alpinedistrict.org">courtneyisom14@alpinedistrict.org</a>
Dave Houle	Throws	<a href="mailto:coachhoule@yahoo.com">coachhoule@yahoo.com</a>
Bob Kittell	Pole Vault	<a href="mailto:kittellb@alpinedistrict.org">kittellb@alpinedistrict.org</a>
Corwin Harmon	Decathlon/Heptathlon	<a href="mailto:crashharmon@gmail.com">crashharmon@gmail.com</a>

\* If you need to get a hold of a specific event coach or have concerns or questions please contact Coach Myrup.

# CAVEMAN TRACK & FIELD



## 2024 Meet Schedule

All athletes participate in the four region tri meets, the Red and White Meet, and either JV Region or the Region Championships (at least 6 meets total). On top of that, qualifying varsity athletes will compete at invitationals. Athletes are allowed to compete in a maximum of 8 state qualifying meets and a total of 14 meets, including the region and state championships.

Date	Track Meet Name	Location	Time(s)
Tuesday, March 5	Red and White Meet	American Fork HS	2:30 pm
Tuesday, March 12	American Fork, Lehi, Westlake	Westlake HS	2:30 pm
*Fri./Sat., March 15-16	Early Bird Invitational	Mountain View HS	3:00 pm 9:00 am
Tuesday, March 19	Lone Peak, Skyridge, American Fork	Skyridge HS	2:30 pm
*Fri./Sat., March 22-23	Pine View Invitational	Pine View HS (St. George)	2:00 pm 9:00 am
Tuesday, March 26	Lehi, Am. Fork (JV), Pleasant Grove	Pleasant Grove HS	2:30 pm
*Wed./Thu., March 27-28	Alpha Invitational	Timpanogos HS	2:00 pm 3:00 pm
Tuesday, April 9	American Fork, Pleasant Grove, Skyridge	American Fork HS	2:30 pm
*Fri./Sat., April 12-13	Utah County Invitational	Skyridge HS	12:00 pm 9:00 am
*Friday, April 19	Caveman Classic	American Fork HS	2:00 pm
Tuesday, April 23	JV Region	Pleasant Grove HS	2:30 pm
*Saturday, April 27	Tiger Trials	American Fork HS	8:00 am
*Fri./Sat., May 3-4	BYU Invitational	BYU	8:00 am 8:00 am
*Wed./Thur., May 10-11	Region 4 Championships	Lehi HS (pole vault at AFHS on Tues.)	2:30 pm 2:30 pm
Thur./Sat., May 16, 18	Utah State Championships	BYU	10:00 am (Thur.) 8:00 am (Sat.)
Tuesday, May 21	Track Banquet	AFHS Cafeteria	6:00 pm

\*State Qualifying Meet

Go to this website to see the current track calendar: <https://cavemantrack.weebly.com/track-calendar.html>

# 2024 REQUIRED ITEMS

1. Sign up and register for track and field on **registermyathlete.com (now called Aktivite)**. Parents create an ACCOUNT, then create a PROFILE for your athlete on that account, and then REGISTER their athlete for track and field on that profile.
2. Every athlete needs to submit a physical to Register My Athlete. You can download the document straight from your account. (If you have done this for another sport for the 2023-2024 school year, you are already set.)
3. Every athlete needs to submit a signed Concussion Form to Register My Athlete. The form can be downloaded straight from your account. Once signed, upload it to your profile. (If you have done this for another sport for the 2023-2024 school year, you are already set.)
4. Every athlete needs to submit their 2<sup>nd</sup> term report card and their 3<sup>rd</sup> term class schedule to Register My Athlete. You must have at a 2.0 GPA for 2<sup>nd</sup> and 3<sup>rd</sup> term, with no more than one "F" in the term and maintain your grades during 4<sup>th</sup> term. You cannot practice or run in meets unless you meet these standards. Education goes first!
5. Every athlete must submit a copy of their birth certificate to Register My Athlete.
6. School participation fee (\$200) and the Track Team fee (\$100), must be paid to participate. You can pay in the finance office or through [myschoolfees.com](http://myschoolfees.com).
7. Track season starts Tuesday, **February 20** and we meet Monday to Friday at 2:45 pm. We will meet on the outdoor track (be prepared for warm or cold/wet weather). **Practice is every day!** What you get out of track is directly related to the effort you put into it.

All requirements need to be complete by Tuesday, Feb. 20. If you have questions or concerns please contact Coach Myrup.

# 2024 TRACK FEES

## REQUIRED FEES

1. Extra-curricular participation fee.....\$200
2. Track team fee.....\$100

This includes the track uniform, a team t-shirt, athletic pants, and a team jacket that the athletes keep. It also includes invitational entry fees, track equipment maintenance and replacement, transportation to away meets, coaches' pay, and other team expenses.

Total: \$300

## Team Store Purchases

The team store through BSN Sports will open soon. **I will send out the info via Remind.** There will be a number of items available for purchase. A portion of every item purchased will be donated by BSN back to the AF track team. Buying gear is not required, however, the prices will be cheaper (at least 20% under retail) than in a normal online or physical store, as we get discounts as a school and bulk pricing. After the store closes, there can be **NO MORE ORDERS**. All items will be delivered to the school and then distributed to the athletes. Anyone (athletes, parents, friends, etc.) can order.

# Important Information

**Rule #1:** PRACTICE EVERY DAY!!! Practice is held every day (Mon.-Fri.) from 2:45-4:45 pm. Please be on time each day. We want you to be the best athlete possible and an important part of achieving your goals and preventing injury is practicing every day. The coaches have taken the time to design specific workouts each day and missing can keep you from reaching the next level of performance as well as increase risk of injury. Please arrange your schedule so that you can make the most of your practice time. If there are special circumstances, talk with your coaches to work out the best scenario. The minimum standard is to be at 80% of track practices and meets. Missing more than this may result in being held out of competition. If you have circumstances that make you miss more, please talk with your event coach as well as Coach Myrup.

**Lettering:** 18 points in varsity competition (invitationals, region meets, and championships) earn a varsity letter. Dual meets score 5-3-1 for the first three places, 5 points for 1<sup>st</sup> place in relays. Tri-meets score 5-3-2-1 for the first four places, 5-3 in relays. Invitationals score 10-8-6-5-4-3-2-1 for the top 8 places.

**Meets:** All athletes who have come to practice and have fulfilled all registration requirements will participate in all dual and tri meets. Invitationals are reserved for those who meet the minimum marks for the meet and are in the top 3-6 athletes in each event (depending on the meet).

**State Qualifying:** The top four individuals and top four relay teams in each event at the Region Championships qualify for the State Championships. Any athlete who hits a qualifying mark at any state qualifying meet that is not wind aided (>2.0 m/s) will also qualify for the State Championships in May. State qualifying standards are found here: <https://www.uhsaa.org/track> (go to 2024 qualifying standards link).

**Travel:** Athletes must travel with the team on the bus to away track meets. There may be times where it is okay to travel with a parent or legal guardian to a meet with coach approval. However, students **MAY NOT DRIVE THEMSELVES OR OTHER ATHLETES** to a meet. A student driving to an away track meet will not be allowed to compete. Students may leave a meet **ONLY** with their own parents or legal guardians after a coach has been notified.