



SYSA SPRING TRACK & FIELD

Coaches Information for the 2026
Spring Season!

TRACK & FIELD COORDINATOR

Kristen Burke

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- Please reach out with any questions after reviewing the slide deck or throughout the season
 - If you call and there is no answer, please leave a voicemail and I will get back to you as soon as possible
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PRACTICE SCHEDULES

- **Practices** begin week of April 13th (after Spring Break)
 - Grades K-2 practice once a week
 - Grades 3-6 practice twice a week
- **To schedule practices**, coaches will determine where and when they practice and communicate this to SYSA. It does not have to be a track. A park, field, or any open space works!
- **If you haven't already, please email kristen@sya.com your practice schedule.**



MEET SCHEDULES

- All meets will be scheduled for Saturdays at North Central High School
 - 4/18, 4/25, 5/2, 5/9, 5/16
- Each age group has a 2-hour meet time, but teams within each age group will be split into two different start times to help avoid long lines at field events.
Please check the schedule carefully to see when your team begins (applies to everyone BUT grades 5th-6th)
- **First meet** will be April 18th - *No first week of just practices this year!*
 - We will send out specific meet info to families the week before
- **Picture Day** will be April 25th
 - Coaches will be emailed a link from **Dorian Studios** to schedule team's photo time
- **All League Meet** will be May 16th



MEET SCHEDULE EVERY SATURDAY



- **Grades K-2** 11am - 1pm (switched from last year!)
- **Grades 3-4** 9am - 11am
- **Grades 5-6** 1pm - 3pm (switched from last year!)

Events for K-2: 100m, 200m, 400m, 800m, Javelin, Long Jump, Shotput, 4×100 Relay, and 4×200 Relay.

Events for 3-4: 100m, 200m, 400m, 800m, 1600m, Javelin, Long Jump, Shotput, 4×100 Relay, 4×200 Relay, 4×400 Relay, and Medley Relay.

Events for 5-6: 100m, 200m, 400m, 800m, 1600m, Javelin, Long Jump, Shotput, 4×100 Relay, 4×200m Relay, 4×400 Relay, and Medley Relay.

Mixed relays start off the meet. Girls run first and boys do field events, then swap.

MEET VOLUNTEERS

A team will be assigned to each meet to recruit parents to volunteer as officials. Parents will collect stickers before events, rake, measure, and time. **We typically need 5-7 volunteers.**

Team/meet allocation are as follows:

4/18 - Team Mead Neon Yellow: Coach Helm

4/25 - Team Parochial: Coach Fuchs & Mudge

5/2 - Team NW, NWC & Valley: Coach Kennedy, Heacock, Valenzuela, Diaz, Swafford & Maurer

5/9 - Team South Purple: Coach Grambo & Lieb

5/16 - Every team will be responsible for providing two volunteers

Please reach out to these families in advance to communicate this. Please have them check in with Kristen at the beginning of the meet for position assignments. **If you have any questions please email me at kristen@sya.com.**



UNIFORMS

- Uniforms have been ordered and will be ready by the first meet. Depending on when they come in, we will be in touch with how these will be distributed.
 - Each player will be given a jersey & must wear it correctly
 - During cold weather, layers can be worn under the jersey
 - Name tags will be handed out each meet for each event - **we do not do bibs.** These will be given to the head official at the beginning of their field event and when they cross the finish line.
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UNIFORM EXCHANGES

No Exchanges

- All athletes indicated their shirt size in their registration
- Due to this **NO EXCHANGES CAN BE MADE**
- If a parent input the wrong size on their child's registration or it fits differently than anticipated, reach out to kristen@sysa.com to see what we have in inventory.



GEAR/UNIFORM PICKUP

You will receive an email from Kristen when gear bags are ready to be picked up - estimated week of March 30th!

Coaches will receive

- Jerseys/Coaches shirt - *players and coaches keep*
 - Again, we will be in touch when uniforms are ready for pick up
- Gear bag - *return at end of season*
 - Cones, javelins, shotputs, batons, whistle and a stopwatch
- Gear can be picked up at **SYSA's Office** (800 N Hamilton St. Ste #201 Spokane, WA 99202 - Second level of the Warehouse)
- The office is opened **Monday - Friday from 10:00am - 3:00pm** (if you are unable to pickup the gear on your own, you are welcome to send someone on your behalf)



USING SPORTS CONNECT

Sports Connect allows you to access your team roster, view schedules, and contact your team

- Once rosters have been finalized (after all coaches are registered) ***SYSA will email you your roster and post it to Sports Connect***
- Once this has been done, you will have access to the ***Team Page***
- ***To access your Team Page***
 - Log into your Sports Connect account you used to register as a coach
 - Click on “Volunteer” on the left hand side menu
 - Click on the **Blue Team Name** next your to your name on the page



CONTACTING YOUR TEAM

Once you have received your roster, please introduce yourself to your team!

- You can make a group **email, text chain, or send a mass email** through Sports Connect, whichever you prefer
- In this message please introduce yourself, **share practice information, reminders of what to bring to practice/games, and any expectations** you have for your team
- **Team culture beings with YOU**



CODE OF CONDUCT

- SYSA has a zero tolerance policy for any and all inappropriate behavior
- Any player this is found to be conducting themselves in a way that violates the Code of Conduct will be disqualified from the current contest and the following contest
- Spectators who violate Code of Conduct will be asked to remove themselves from the area



CHANGES FROM LAST YEAR TO NOTE

- Grades K-2 and Grades 5-6 are switching meet times to avoid the time gap in the middle of the day.
 - Grades K-2 will compete 11am-1pm and grades 5-6 will complete 1pm-3pm.
- Grades K-2 will be using the rubber shot puts. The softball throw kept athletes from focusing on/learning shotput form.

RULES TO NOTE

- No track spikes allowed!



COACHES CORNER

Our coaches corner is a great resource for curriculum, practice ideas, and work outs. Find it **HERE.**

THANK YOU FOR COACHING!

“A Coach will impact more young people in a **year** than the average person does in a **lifetime**”

