



Highland Junior High

Sport: Track and Field	Coach: Johnathon Lawson	Email: Johnathon.lawson@gilbertschools.net
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	Tryouts	Practice	
Dates	03/25	Callout Meeting (No tryouts for Track)	We will be holding a raffle for track related items for everyone at callouts, as well as snacks/drinks. We will go over the expectation for the year from you as athletes and what you can expect from us as coaches.
Time		Immediately After School	
Location		Meet at the Track Bleachers	
What to bring		Water Bottle, Be Dressed Out in running attire	

Dear Parents & Athletes:

Thank you for being part of our Track & Field team!

Background:

My love for running started in 6th grade and has never stopped. Originally from Indiana, my wife and I both graduated from Purdue University. We found the

beautiful mountains of Arizona and moved with our 2.5 year old son (Zac) in December of 2022. As a competitive ultrarunner, Arizona makes the perfect home! My other passion besides being a father and running is helping my clients at Merrill Lynch.

We are excited to meet all of you!

Expectations:

This year I'm going to ask more of our parents that are willing to help with time or monetary purchases for the team including:

Snacks and drinks for practices, sign up for Brown Bag meals for late night meets, items for the track that the school won't budget us for, helping with our at home meets, guest speakers from any previous track athletes.

If anyone has **expertise in high jump or hurdles** from past coaching or personal experience, your time would be greatly valued for our team this year!

I will plan to have an **Amazon wish list specifically for the track team**. Also, we will have sign up sheets for providing food for the track meets.

Please plan to **attend the Parent Meeting: March 26th** —Immediately following practice at the track bleachers.