

MARCH 2026

HAWK TRACK AND FIELD

NEWS

Welcome to Laguna Hills Track and Field monthly Newsletter to keep the team, parents and community up to date on all activities happening within the Track and Field Program. This Newsletter will layout the basic information for the upcoming season and team expectations.

- **Running For Wellness Meet:** We hosted our first offseason meet on February 7th
- **Time Trials success-** All athletes had the opportunity to be auto timed at our practice meet on February 24th.
- **1st meet:** We competed at Fountain Valley in the 1st official meet of the season.
- **Hour –a-Thon:** One day after our fundraiser we have raised over \$7200! Thank you!
- **Parent Rep:** Jill Radojicic has organized our snack donations and we had a huge spread of healthy snacks for the athletes at our Fountain Vallet meet.
- **Team Photos–** Were postponed to Thursday March 10th at 3:15. Order forms linked in this news letter.



IMPORTANT UPCOMING DATES:

3/10-	Team Photos
3/18-	Meet at Ocean View
3/25-	Segerstrom Meet (Home)
4/2-	Meet at Fullerton
4/6-10-	Spring Break
4/15-	Valencia Meet (Sr. Night)
4/18-	OC Championships
4/23-	Empire League Prelims
4/30-	Empire League Finals



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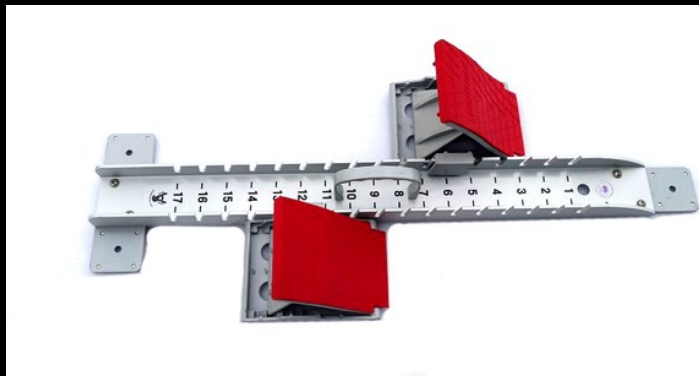
HAWK TRACK AND FIELD

What's New-
We are investing in YOU!

March Purchases

Starting Blocks (9) and Block Cart

Dumbbell set and rack



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2026 COACHING STAFF

Head Coach

Coach Maz

Mike Maceranka

Macerankam@svusd.org

100/200/ Pole Vault

Assistant Coach

Coach Milos

Milos Salaski

400/800- Strength

Assistant Coach

Coach Stacia

Stacia Pollock

Relays, High Jump, Long Jump
and Triple Jump

Assistant Coach

Coach Brown

Kirk Brown

Shot Put, Discus

Assistant Coach

Coach Lynch

Chris Lynch

1600/3200

Assistant Coach

Coach Scooter

Stephen Takacs

Assistant Sprints/Distance

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Athletes of the Meet

The Pizza Store has donated 20 gift cards to the program. We are using those to recognize our Athletes of the Meet. For the Fountain Valley Meet Maksim Soroosh had an amazing race, tracking down 3 FV runners in the home stretch to win the Varsity 800 with a 3 second PR. Nelli Rodriguez competed in 4 events PR'ing in 3 of them, and finally Kaiden Boggs competed in 3 events, won the 100 and 200 with PR's as well.

LAGUNA HILLS HIGH SCHOOL

TRACK AND FIELD
HARD WORK, PAYS OFF

THE Pizza STORE
By OC LOCAL

TRACK ATHLETE OF THE WEEK
vs. Fountain Valley

MAKSIM SOROOSH

LAGUNA HILLS HIGH SCHOOL

TRACK AND FIELD
HARD WORK, PAYS OFF

THE Pizza STORE
By OC LOCAL

TRACK ATHLETE OF THE WEEK
vs. Fountain Valley

NELLI RODRIGUEZ

LAGUNA HILLS HIGH SCHOOL

TRACK AND FIELD
HARD WORK, PAYS OFF

THE Pizza STORE
By OC LOCAL

TRACK ATHLETE OF THE WEEK
vs. Fountain Valley

KAIDEN BOGGS

BOYS PR'S

VS. FOUNTAIN VALLEY

CHARLIE HARRIS	JOAQUIN FISHER
KAIDEN BOGGS (2)	GRANTLEY OAKS (2)
ROHAN HEIDARI	CALVIN HUMPH
DREW WARNER	BLAKE IMSANDE
ANDREW AUSTIN	MAKSIM SOROOSH
LOGAN DRUCKERY	LIAM ORUKSHANK (2)
	JOHN SHERIDAN

16 PR'S

3 FIELD

13 TRACK

PR Recognitions

All athletes who PR at a meet are recognized in front of the team and entered into a raffle for gift cards donated by or families. Thank you parents who donated cards. Based on the number of cards we have we typically give out 3-4 a meet. We are still accepting cards throughout the season to award our athletes.

GIRLS PR'S

VS. FOUNTAIN VALLEY

SOPHIA VEGARA	LUNA TAMAKI (2)
NIKO LOEBERBERG	CLEO DU
CIERRA MAKUCH (2)	EMILY OFFENHAUSER
NELLI RODRIGUEZ (3)	ESTENIA SANCHEZ

12 PR'S

4 FIELD

8 TRACK

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Follow our Progress and Meets Live



XCStats— This is a great tool for everyone. We communicate to athletes via this app. Also it is the best way to track athletes performance. After each meet within an hour it send messages to all on the results of the meet. It also individualizes each athletes progress and compares their results to past results and has charts showing progress. Parents can get these same emails. We are all busy, so it's great to get the messages even when you can't make the meet and you can see how they did before they get home.

I cannot stress enough how important this app is to our program success. If you do not have it, download it and join our team.

Team code: HAWKT&F



Athletic.net— Follow the meets live. When you cant make a meet of have to come late you can see the results live. I typically send out a message on XCStats with the live link. You can always find it online by looking up Laguna Hills High School and schedule on athletic.net . Most meets are live unless they are not able to connect to wifi.

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Athlete Packs must be purchased through the LHHS ASB Webstore. If you have not purchased your team pack please do so. I have passed uniforms out to all athletes.

Team donations and Team packs can be found here.

LHHS Webstore: [https://lhhswebstore.myschoolcentral.com/\(S\(syga4ou0dzjl5v2nlbc3zgrc\)\)/Index.aspx#/3817/378](https://lhhswebstore.myschoolcentral.com/(S(syga4ou0dzjl5v2nlbc3zgrc))/Index.aspx#/3817/378)

Meets are COLD at night, Get your team sweats!

Crew Neck Sweatshirts- \$30

Jogger sweatpants: \$30

Hoodies: \$40

Limited supply, get them soon.

Buy at the webstore or send check made out to Laguna Hills Track and Field.



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TEAM RULES:

BE ON TIME– 3:05 DAILY

BE RESPECTFUL TO ALL

WORK HARD

COMPETE IN ALL DUAL MEETS



HARD WORK, PAYS OFF

2026 BUDGET UPDATES:

Hour-a-Thon

After Day 1 we raised

\$7200!

Thank you parents for helping us get those contacts. We now have covered all Coaches Stipends!

We still have 6 days left for donations to come in.

HOW CAN YOU HELP?

100% Team Contributions

100% Participation in Team Fundraisers

Snack Bar Donations

Stadium Banner Sponsorships

Team Donations

HAWK TRACK AND FIELD

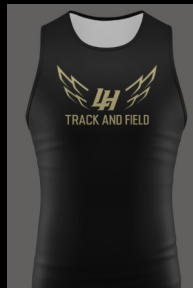
Team Uniforms

Practice:

- **Team T Shirt-** (TUESDAYS) Team Tuesday
- Running Shoes
- **T Shirt**– Team issued or Team Colors
Black, Vegas, White, Grey
- **Shorts/Sweat pants/Leggings**
Black, Vegas, Grey
- **Sweatshirt or wind Jacket**– Team issued or
Black, Vegas, White, Grey
- **Water bottle**

Meets:

- **Team 2026 T Shirt**
- **Running Shoes**
- **Team Issued 2026 Singlet**
- **Shorts**– Team Issued or Solid Black
- **Sweatshirt or Jacket**– Team issued or
Black, Vegas, White, Grey (No Logos)
- **Water bottle**
- **Food or money for food at snack bar**



***We have ordered team Hats, Beanies and jogger sweat pants. All will be available to purchase in early February.**

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FUNDRAISING

Our program has many expenses and it is up to all of us to do our part to give all the athletes the tools they need for success. Through voluntary donations, team packs, the Hour-a-Thon fundraiser, snack bar and Stadium banners our athletes have many ways to contribute to our success. Our goal is all athletes participate in these opportunities.

Voluntary Donations

- Pay directly to the Hawk Webstore— or by check written to Laguna Hills Track and Field

Snack Bar Donations

Jill Radojicic is heading up our food and drink donations. We had a lot of great snacks at our meet this week. Thank you parents. Next, we will need items to sell at our 1st home meet on the 25th. Jill will send out information for this meet.

March 25th— 1st Home meet

- Families donate supplies to be sold at our Home Track Meets
- Volunteers to work the snack bar

Contact: jillrado@yahoo.com



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LEAGUE INFORMATION

Empire League for Track and Field



Part of the Golden Empire Conference



HAWK TRACK AND FIELD

Parent Help

Hello Hawk Track & Field Families,

My name is **Jill Radojicic**. Our son (James) is a 10th grader, and this is his 2nd year doing Track. My husband (Mike) and I will be assisting Coach Maz to try to make this Track & Field season amazing and memorable for the kids. To allow the Coaches to spend their time focusing on the important Coaching stuff, I will be your contact helping with organizing parent volunteers, donations, etc. So please look out for future emails and sign up to help out whenever you can. If you have already spoken with Coach Maz about volunteering to help with anything, please contact me as well and let me know, so we can get our parent teams organized.

Please send me an email if you are specifically interested in helping out, or if you have any resources, hook-ups, or ideas that can help with any of the following:

END OF SEASON BANQUET (May 20th - Open to ideas and looking for parents to help plan this event)

SENIOR NIGHT - Liz Yost is heading this up. eyoast@gmail.com

STADIUM BANNERS (Any businesses you know of that may want to advertise at LHHS and help the Track & Field Program by purchasing a banner?)

GIFT CARDS- (As an incentive and reward for athletes, Coach would like to award athletes that reach their PR (personal record). If you are able to donate a gift card or cards, please do! A \$10, \$15, \$20 gift card to any local spots that kids would like. If you know of any local business/restaurants that would be willing to donate gift cards - that would be helpful too.) **I have received 12 thus far, thank you very much parents.**

DONATIONS FOR SNACK BAR (I will be emailing sign-up lists asking for donations of food and drink items to sell at the snack bar at our Home meets on 3/25 & 4/15. *The sign This is
a really great opportunity to fundraise for our program. If you have any hook-ups with local businesses or restaurants that would be willing to donate food items we can sell, please let me know.)

SNACKS FOR TEAM MEETS (These athletes are working hard and need fuel! These meets can last several hours, and healthy snacks definitely help keep everybody happy. I'll send out sign-ups before meets for anyone who is able to donate healthy snacks for our team to take to the meets.)

Thank you for your support and help - together we can help create a fun experience and great memories for our high schoolers!

Looking forward to a great season!

Sincerely,

Jill Radojicic
Jillrado@yahoo.com

Thank you in advance, everything you do makes our program a better experience for our athletes.

HAWK TRACK AND FIELD

2026 SCHEDULE

Updated Schedule

Tues	2/24	Time Trials	LHHS	3:15
Tues	3/3	@ Fountain Valley	FVHS	3:15
Thurs	3/10	Team Pictures	LHHS	3:15
Wed	3/18	@ Ocean View*	OVHS	3:15
Wed	3/25	Seegerstrom*	LHHS	3:15
Thurs	4/2	@ Fullerton*	FHS	3:15
Mon-Fri	4/6-10	Spring Break	<u>We Will Practice</u>	
Wed	4/15	Valencia*	LHHS	3:15
Thurs	4/23	Empire League Prelims	Fullerton HS	2:00- 8:00
Thurs	4/30	Empire League Finals**	Valencia HS	3:00- 8:00
Sat	5/9	CIF Prelims**	Yorba Linda HS	TBD
Sat	5/16	CIF Finals**	Moorpark HS	TBD
Sat	5/23	CIF Masters**	Moorpark HS	TBD
Fri-Sat	5/29-30	CIF State**	Buchanon HS	TBD

Invitationals:

Sat	4/18	Orange County Championships**	Mission Viejo HS
Fri-Sat	4/10-11	Arcadia Invitational**	Arcadia HS
Fri-Sat	4/17-18	Mt. SAC Relays**	Mt. SAC

Mandatory Meet

*** Denotes League Meet**

**** Denotes Qualifying Meet**

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Transportation

Mandatory Bus Transportation

Transportation to and from all dual meets is provided by the district busses. All athletes are **REQUIRED** to take the bus to all **TEAM** away meets. These meets include the following:

Fountain Valley, Ocean View, Fullerton, League Prelims and League Finals

Any athlete who does not ride the bus without prior authorization will not participate in the meet. Athletes may NOT transport themselves to Team Meets.

Transportation Exemption

Athletes participating in Weekend Meets and Invitationals must provide their own transportation. If an athlete is going to a meet in which a bus is not provided, they must complete the [TRANSPORTATION EXEMPTION FORM](#) and turn it in to Coach Maceranka prior to the date of the meet.

Transportation Exception Form:

https://svusdorg.finalsite.com/uploaded/High_Schools/Trabuco_Hills/Documents/2017-18/Athletics/Trans_Exempt_Form.pdf

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Banners and Donations

Banners will be hung in the Stadium for the remainder of the school year. Each banner is \$250 of which \$150 goes towards the athletes Team gear and fundraising goal.

How to Pay by Check:

Make checks payable to : Laguna Hills Track and Field

Send Checks to: Laguna Hills Track and Field, 25401 Paseo de Valencia, Laguna Hills, Ca 92653

Design: Send a PDF design of the banner to Coach Maceranka at macerankam@svusd.org

Pay at the ASB Webstore: Pay as a Donation and email Coach Maceranka with the Banner Info.

All monetary donations will be directly credited to the athletes account:

Any donations can be paid directly on the ASB Webstore link and by check to Laguna Hills Track and Field

Feel free to reach out to Coach Maceranka with any questions on ways you or local businesses can help support our Track and Field program.

Coach Maceranka:

macerankam@svusd.org

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Important links

Team Website: lagunahillstrackandfield.com

LHHS Webstore: [https://lhhswebstore.myschoolcentral.com/\(S\(syga4ou0dzjl5v2nlbc3zgrc\)\)/Index.aspx#/3817/378](https://lhhswebstore.myschoolcentral.com/(S(syga4ou0dzjl5v2nlbc3zgrc))/Index.aspx#/3817/378)

XCSTATS: https://www.xcstats.com/track_team_page.php?school_id=1433

Athletic Clearance: <https://www.athleticclearance.com/>



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Physical Form: https://www.svusd.org/uploaded/High_Schools/Laguna_Hills/Images/24_25/Physical_Forms,_HomeCampus_Athletic_Clearance_.pdf

Donation request letter: https://drive.google.com/file/d/1iscG263_oo7AfONa5BtbYdrKiNo77cvh/view?usp=sharing

Transportation Form: https://svusdorg.finalsite.com/uploaded/High_Schools/Trabuco_Hills/Documents/2017-18/Athletics/Trans_Exempt_Form.pdf



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