

NOVEMBER 2025

HAWK TRACK AND FIELD

NEWS

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

- **New Uniforms and Branding:** The Team will all wear the same uniform this season. Since we are purchasing all new uniforms it is important all athletes register for the team and choose their option at the team webstore.
- **Team Store is Open Now:** All athletes need to go to the Laguna Hills HS Webstore and choose their uniform option and sizes.
- **Team Fundraiser:** We will hold one team wide fundraiser which will begin on February 23rd.
- **After School Practice:** Mandatory practices begin January 5th. Practice will be 3:05-4:30 daily
- **Parent Meeting:** Wednesday, January 14th. Meet the coaches, learn about the program and order team gear.



IMPORTANT UPCOMING DATES:

- 11/13– Off Season Practice Begins
- 12/1– Athletic Clearance Complete
- 12/3– Coach Submits 7th Period Roster
- 1/5– 1st Day of 2nd Semester
- 1/9– 1st Gear order distributed
- 1/14– Mandatory Parent Meeting
- 2/13– Uniform Day
- 2/23– 2nd Team Gear order distributed
- 2/24– Time Trials
- 2/26– Team Photos
- 3/3– Track Meet @ Fountain Valley



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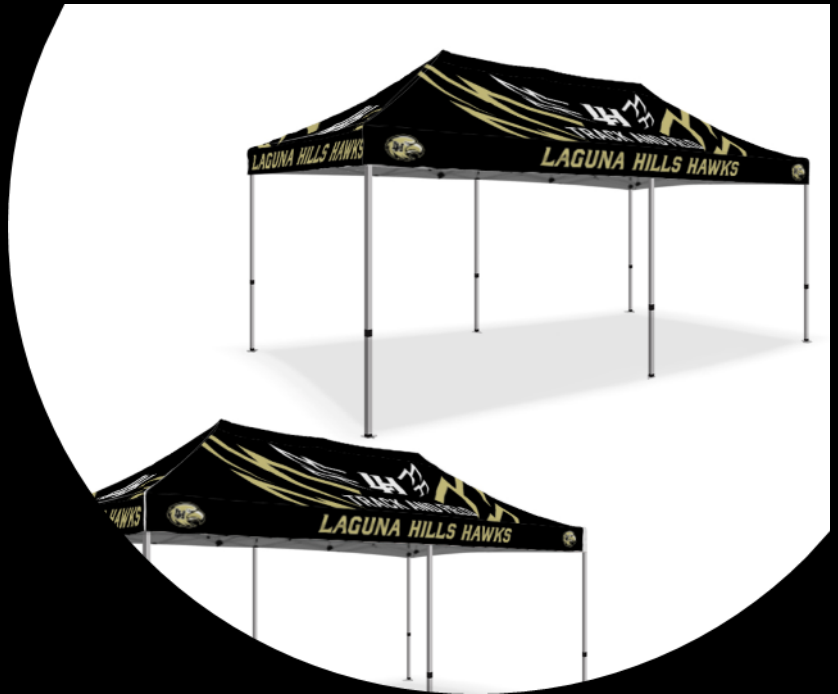
What's New-
We are investing in YOU!

Coaching Staff

New Uniforms

Branded 10x20 Pop Up Tent

Branded High Jump Pit



HAWK TRACK AND FIELD

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

HAWK TRACK AND FIELD



PRESEASON TRACK PRACTICE

BEGINS ON
**THURSDAY,
NOVEMBER 13TH**
EVERY TUESDAY AND THURSDAY
THROUGH DECEMBER
3:05 – 4:15

HAWK TRACK AND FIELD

COMMUNICATION

ALL TEAM COMMUNICATION, ATTENDANCE, SCHEDULES AND STATISTICS
WILL BE UPDATED THROUGH THE XCSTATS APP.

ALL ATHLETES ARE REQUIRED TO DOWNLOAD THE APP.

Team code: HAWKT&F

ABOUT XCSTATS

Simply put, the purpose of XCStats is to enhance the Track experience for high school athletes, their parents and coaches. We strive to help motivate athletes and have them experience success; to engage parents in the sport and increase their awareness of their child's accomplishments; and to save the coach time and give him or her the tools to build a respected and spirited track program.

RECOGNIZE ACCOMPLISHMENT

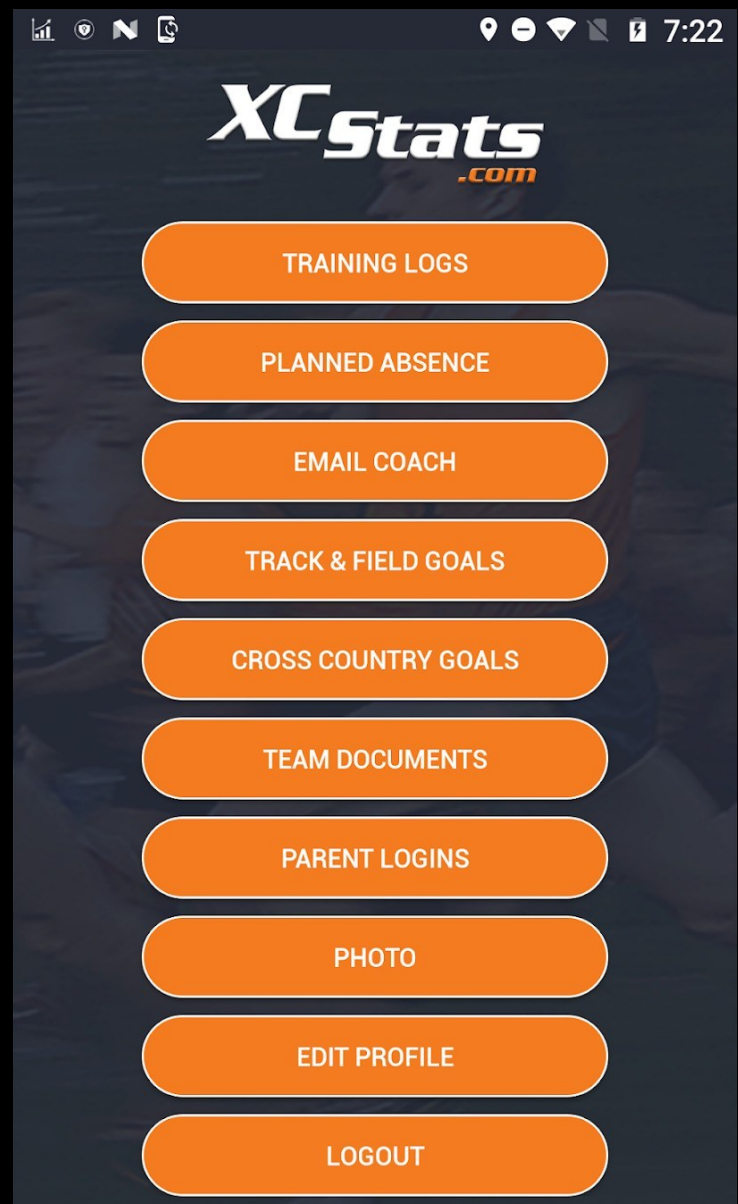
XCStats certainly didn't discover the concept that recognizing athletes for their accomplishments is motivating. But, we will lay claim to developing an exhaustive criteria by which improvements are identified, and when they are, publicly recognizing them in our reports.

INSPIRE PERFORMANCE

Recognizing accomplishments goes a long way toward inspiring future performance. But there's more to it. As a coach, you want all your athletes to be engaged in the competition and accountable for their performance, regardless of their skill level

BUILD COMMUNITY

It's the track community, made up of coaches, teachers, athletes, parents and alumni that create a vibrant and sustainable program. XCStats is designed to help build such a program, by highlighting successes and enabling easy and frequent communication.



HAWK TRACK AND FIELD

Athlete Packs must be purchased through the LHHS ASB Webstore.

All Athlete Contributions paid before 12/5 will receive gear upon return from Winter break.

Option 1

GIRLS PACK \$300 TEAM CONTRIBUTION



INCLUDED IN CONTRIBUTION: Team Shirt, Team Hoody, Team Short (Compression or loose), Team Singlet (compression) Coaching Stipends, Team equipment, Invitationals (Team sponsored) Banquet, Awards

Option 2

TEAM PACK \$200 TEAM CONTRIBUTION



Team Issued: To be returned at end of the season

INCLUDED IN CONTRIBUTION: Team Shirt, Coaching Stipends, Team equipment, Invitationals (Team sponsored) Banquet, Awards

Option 1

BOYS PACK \$300 TEAM CONTRIBUTION



INCLUDED IN CONTRIBUTION: Team Shirt, Team Hoody, Team Short (Compression or loose), Team Singlet (compression) Coaching Stipends, Team equipment, Invitationals (Team sponsored) Banquet, Awards

WAYS TO OFFSET TEAM CONTRIBUTIONS:

STADIUM BANNERS: \$250 = \$150 CREDIT TOWARDS CONTRIBUTION

TEAM SPONSORS: \$100= \$100 CREDIT TOWARDS CONTRIBUTION

TEAM FUNDRAISER— 50% TOWARDS TEAM CONTRIBUTION



Deadline to assure proper size and items for your athlete is January 16th.

HAWK TRACK AND FIELD

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:

November—

High Jump Pit \$13500

10 x 20 Pop Up Tent \$1440

BASIC UPCOMING EXPENSES

Uniforms \$6000

Automatic Timing \$1500

Invitationals \$1500

Coaching \$20000

Awards/Banquet \$3000

TOTAL: \$33000

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**



HAWK TRACK AND FIELD

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

Stadium Banners-

- \$250– For each Banner sold the athlete earns \$150 towards their Team Pack. Forms are at the end of this newsletter
- Goal- **\$4000**

Hour-a-Thon– Fundraiser

- With the Hour-A-Thon fundraiser it is a direct contact between the participant and their potential supporter, not an automated email in their inbox they never read. Participants will only have to spend a few minutes collecting their cell phone numbers of potential supporters then an hour for the Hour-A-Thon event. With the Hour-A-Thon fundraiser you will not have to go to a website, register the participant, create a log in, upload a picture, and enter in email addresses.
- Thursday, March 5th at 3:15 pm
- Goal- **\$10000**

Snack Bar Donations

- Families donate supplies to be sold at our Home Track Meets
- Volunteers to work the snack bar
- Goal- **\$2000**

HAWK TRACK AND FIELD

LEAGUE INFORMATION

Empire League for Track and Field



Part of the Golden Empire Conference



HAWK TRACK AND FIELD

PRACTICE INFORMATION



2026 Practice Schedule

Preseason Training:

Monday-Friday

January 5th– February 6th

3:05-4:15 pm

In season Training:

Monday-Friday

February 9th-April 30th

3:05-5:00 pm

Saturdays– 8:00-10:00 am (periodically)

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2026 SCHEDULE

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>
Mon	1/5	1 st Day 7 th Period Track	LHHS	3:00
Wed	1/14	Parent Meeting	LHHS	6:00
Mon	2/9	1 st Day of Track and Field Season	LHHS	3:05-4:30

Mon-Fri **2/16-20** **Ski Week** **We Will Practice**

Tues	2/24	Time Trials	LHHS	3:15
Thurs	2/26	Team Pictures	LHHS	3:15
Tues	3/3	@ Fountain Valley	FVHS	3:15
Thurs	3/19	@ Ocean View*	OVHS	3:15
Wed	3/25	Segerstrom*	LHHS	3:15
Thurs	4/2	@ Fullerton*	FHS	3:15

Mon-Fri **4/6-10** **Spring Break** **We Will Practice**

Wed	4/15	Valencia*	LHHS	3:15
Thurs	4/23	Empire League Prelims	TBD	2:00- 8:00
Thurs	4/30	Empire League Finals**	TBD	2:00- 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:

Fri-Sat	3/20-21	Laguna Beach Trophy Invite**	Laguna Beach HS
Sat	3/28	Orange County Championships**	Mission Viejo HS
Sat	4/4	Ocean View Invite	Ocean View 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

HAWK TRACK AND FIELD

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

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

