

WINTER 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.

- **New Uniforms and Branding:** Uniforms were ordered and will be delivered by early February
- **Parent Meeting Success** We held our parent meeting on the 14th and had a great turnout. We are off to a great start. Join the XCStats app for updates.
- **Team Fundraiser:** Hour-A-Thon team fundraiser will be on March 3rd.
- **After School Practice:** Mandatory practices are underway 3:05-4:30 daily.
- **Parent Rep:** Jill Radojicic has volunteered to lead our Parent Group and help organize events and responsibilities throughout the season.
- **Running for Wellness Meet**– We will host an All comers meet for Charity on February 7th.



IMPORTANT UPCOMING DATES:

- | | |
|----------|---------------------------|
| 2/7- | Running For Wellness Meet |
| 2/13- | Uniform Day |
| 2/16-20- | Ski Week |
| 2/24- | Time Trials |
| 2/26- | Team Photos |
| 3/3- | Meet @ Fountain Valley |
| 3/5- | Hour-A-Thon Fundraiser |
| 3/19- | Meet @ Ocean View |



HAWK TRACK AND FIELD

Contents

What's New:	3
Coaching Staff:	4
Injury Prevention:	5
Communication- XCStats:	6
Athlete Packs:	7
Team Rules– Budget Update:	8
Team Uniforms-	9
Fundraising:	10
League Information:	11
Parent Help:	12
2026 Schedule:	13
Transportation Rules:	14
Banners and Donations:	15
Important links:	16



HAWK TRACK AND FIELD

What's New-
We are investing in YOU!

December/January Purchases

High Jump and Long Jump Spring Board



Training Bands



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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

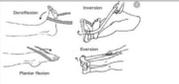
HAWK TRACK AND FIELD

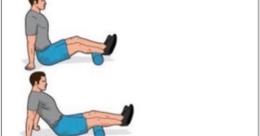
Athletes and Shin Splints

A common issue with track athletes are shin splints. We are doing exercises daily which they are not used to. It is important the athletes have proper running shoes to help prevent shin splints. Here are some preventative measures your athlete can take to help prevent or improve shin splints.

SHIN SPLINT REHAB

If you are experiencing shin splint pain, please complete these exercises at least once a day. These are great to do before practice to warm up your calves and shins. If you have any questions, please reach out to me so we can do more.

4-WAY ANKLE: Using a TheraBand, do 2x10 in each direction.	
TOE RAISES Standing with your feet shoulder width apart, lift your toes off the ground. Start with 2x25	
CALF RAISES Standing with your feet shoulder width apart. Lift your heels off the ground up onto the balls of your feet. Do 2x10 in each direction. (Parallel, turned out and turned in. Total of 60)	
SINGLE LEG BALANCE Starting on a firm surface without shoes on. Set a timer for 30 seconds. Stand and balance on one foot, keep your core tight. Repeat 3 times.	

HEEL WALKS Measure out a distance of about 10 yards. Walk back and forth 3 times while lifting your toes off the ground.	
TOE WALKS Measure out a distance of about 10 yards. Walk back and forth 3 times on the balls of your feet. Lifting your heels as high as possible.	
FOAM ROLL Foam roll. Focus on your calves and lower body.	
STRETCH CALVES AND SHINS Stretch your calves on a slant board with your knee straight and bent. In both make sure that you are stretching them with your foot turned in, parallel, and turned out. After, stretch your shins by sitting on your knees like the photo.	

Shin Splint Rehab (3 days a week 15-20 min)

Calf Stretch (4 x 45 sec)	Calf Foam Roll (1-2 min)	Arch Roll Tennis Ball (Roll 1-2 min)
4-way Ankle (3 x 10)	Seated Toe Raises (3 x 10)	Standing Calf Raises (3 x 10)
Jack Grabs (1 cup full x 4)	Toe crunches (3 x 10)	Towel slides (3x 10)
Seated Med Ball Kicks (3 x 15)	Single Leg Balance (4 x 30 sec)	Wobble board (3x 45sec)
Ankle Mobility Lunge (3 x 10 for 30 sec)		

Running For Wellness Meet

Running for Wellness Allcomers Charity Meet (2/7/2026)

The is event focused on raising awareness of the importance of mental health through raising awareness on the role of exercise, healthy lifestyles, and stress management techniques. It will start off with a speech from a leading mental health expert speaking from their personal experience.

After the speech there will be a series of races where participants will compete in individual events in this order: 1600m, 200m, 800m, 100m, 400m . At the end of each race, the top 3 participants in each event will receive medals.

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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

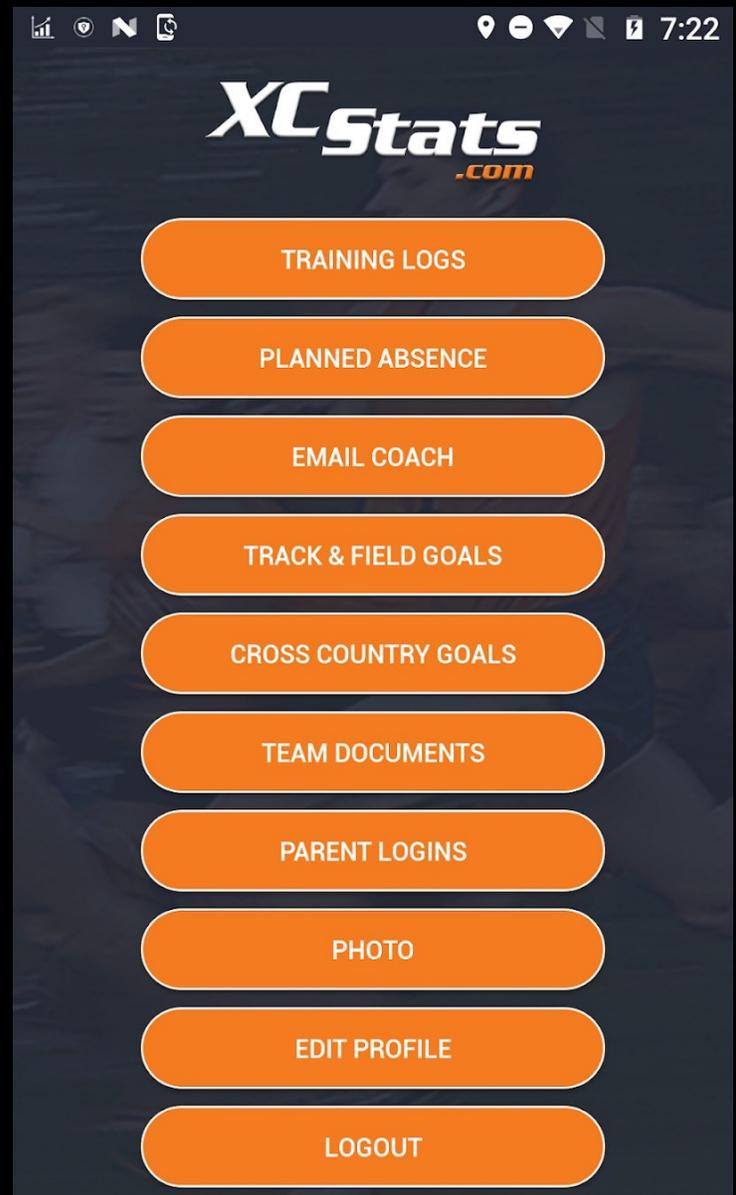
XCStats certainly didn't discover the concept that recognizing athletes for their accomplishments is motivating. But, we will lay claim to developing an exhaustive criteria by which improvements are identified, and when they are, publicly recognizing them in our reports.

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.



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Athlete Packs must be purchased through the LHHS ASB Webstore.

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

20



26

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

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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.**

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– Hawk Donation Letter:

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**

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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

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>
Sat	2/7	Running for Wellness Meet	LHHS	9:00 am
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

