

Hello 5th Grade Parents!

Gone are the days of intramurals, and your student-athlete has probably been a part of SSPP athletics with cross country, volleyball, or basketball. To be a Trojan athlete brings a sense of pride to your student. In addition, student-athletes are more organized, healthier, and happier, plus they sleep beautifully at night.

Track and field is usually a no-cut sport in high school. There is something for everyone in this sport. I hear all too often, “my kid can’t run.” Every kid can run; however, they may not like to run. Luckily, we have field events, shot put, javelin, or high jump. Running distances range from 75 Meter Dash to an 800 Meter Run.

Spring is a busy time with the school play, other sports, etc. I am a very flexible coach, and our season is short. In our league, there are only five meets. 5th graders are a part of the JV team, and their meets are in the morning. For more on timing, please refer to the letter sent by our Athletic Director in the E-Envelope.

The practice schedule is to be determined, but plan on 2-3 practices a week. I understand all the other commitments, so we do not require that your athlete make every practice, it is encouraged but not a requirement.

Parent commitment is working a JV meet. Also, each team has a parent coach(es)—a coach for the girls and one for the boys. No experience is necessary. I plan the practices; however, I cannot run a practice with 80 kids. Parent coaches help at the practices and attend the meets unless there is a conflict, and they create the lineup for the meets. Again, if interested, I will go over this in detail. I promise coaching is not complicated yet is very rewarding.

SSPP track and field is a lot of fun for young kids. They get to practice with the junior high athletes and look up to them. We have some great talent and even better role models.

My email is jl.gehrs@gmail.com

Thank you,

Jeannette Gehrs
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USATF Certified Coach