

# 2025 Monroe Track and Field Parent/Athlete Meeting



# Your 2025 Track and Field Coaching Staff

**Head Coaches:** Eric Jubeck(girls), Scott Mosher(boys)

**Sprints:** Eric Jubeck, Shawn Paulson

**Distance:** Scott Mosher, Patrick Cleary, Trisha Barker

**Throws:** Gerry Herbst, Carol Ochsner

**Hurdles:** Tyler Witt, Eric Jubeck

**PV:** Elliot Zettle

**HJ:** Scott Mosher

**TJ:** Tyler Witt, Patrick Kenny

**LJ:** Patrick Kenny, Tyler Witt

# BOYS & GIRLS ATHLETES and PARENTS!

In order to be able to connect with everyone about important information or reminders, please sign up for SportsYou by following the steps listed to the right.



**sportsYou**



You've been invited to join

**MHS Track & Field**

Use your **unique access code** below and follow the instructions.

**Access Code**

**KC7S-KF7G**

## Join via Website

### New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

## Join via App

### New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up



# **History of Monroe Track and Field**

44 Team Conference Championships

33 Individual or Relay State Champions

2 Current State Record Holders (boys 4x800, 1600)

2 Team State Championships (1966, 2014)

Boys (2nd) & Girls (3rd) place all-time school  
record in Wisconsin

# Schedule

## •Practice Times

- Monday 3/10 First Day of Practice 3:40-5:30ish.
- All Practices Monday - Thursday at 3:40 - end time 5:30 ish
- Fridays will be at 1:45 (only a few non-meet Fridays)

## •Meets (details on a following slide)

- Invitational meets: Usually Varsity only
- Dual / Tri - all athletes compete
- JV Meets: (JV Conference, Frosh/Soph, Blackhawk Invite / Darlington)

## HOME Meets (dates on a later slide)

- Glendenning Invite on April 3rd
- Triangular meets on April 8th & April 29th
- We also host JV Conference (May 20th) and Regionals (May 27th)
- Senior Night - April 29th

## •Spring Break - March 23rd - 31st (next side)

# First 4 Weeks of Practice

2025 Monroe Track & Field							
Early Season Practice Schedule - Weeks 1 through 4							
Week 1 March 10th - March 16th							
Date	Mon Mar 10th	Tues Mar 11th	Wed Mar 12th	Thur Mar 13th	Fri March 14th	Sat Mar 15th	Sun Mar 16th
Time	3:40 - 5:30ish	3:40 - 5:30ish	3:40 - 5:30ish	3:40 - 5:30ish	3:40 - 5:30ish	OFF	OFF
Location	Auxiliary / Main Gym	Auxiliary / Main Gym	Auxiliary / Main Gym	Auxiliary / Main Gym	Auxiliary / Main Gym		
Week 2 March 17th - 23rd							
Date	Mon Mar 17th	Tues Mar 18th	Wed Mar 19th	Thur Mar 20th	Fri March 21st	Sat Mar 22nd	Sun Mar 23rd
Time	3:40 - 5:30ish	TBD	3:40 - 5:30ish	3:40 - 5:30ish	Boys 1:45 practice	OFF	OFF
Location	Auxiliary / Main Gym	UWP - Indoor	Auxiliary / Main Gym	University of Dubuque	University of Dubuque		
		Boys & Girls		BOYS	GIRLS		
Week 3 SPRING BREAK March 24th - 30th							
Date	Mon Mar 24th	Tues Mar 25th	Wed Mar 26th	Thur Mar 27th	Fri March 28th	Sat Mar 29th	Sun Mar 30th
Time	TBD	TBD	TBD	TBD	TBD		
Location	will meet in a gym if cold	will meet in a gym if cold	will meet in a gym if cold	will meet in a gym if cold	will meet in a gym if cold	Ripon Indoor	
*** Speciality area coaches may have practices scheduled for times to work with specific athletes for those that are around during spring break week. More info as we get closer***							
Week 4							
Date	Mon Mar 31st	Tues Apr 1st	Wed Apr 2nd	Thur Apr 3rd	Fri Apr 4th	Sat Apr 5th	Sun Apr 6th
Time	TBD	TBD	TBD	Glendenning Invite	TBD	OFF	OFF
Location	Indoor or Outdoor	Indoor or Outdoor	Indoor or Outdoor	HOME	Indoor or Outdoor		



# Meet Schedule

2025 Monroe High School Track & Field Meet Schedule		
Date	Meet	Location
Monday, 3/ 10/ 2025	PRACTICE BEGINS	MHS Aux Gym
Tuesday, 3/ 18/ 2025	UW-Platteville - Indoor	UW-Platteville
Thursday 3/20/2025	Dubuque Invite (Boys) - Indoor	University of Dubuque
Friday, 3/ 21/ 2025	Dubuque Invite (Girls) - Indoor	University of Dubuque
3/22 - 3/30	SPRING BREAK	Practice Schedule is on the back
Saturday, 3/ 29/ 2025	Ripon Showcase Meet	Ripon College
Thursday, 4/ 3/ 2025	Glendenning Invite	Monroe High School
Saturday, 4/ 5/ 2025	WTFA @ UW-Whitewater - Indoor *** Non definitive***	UW Whitewater *** Not definitive***
Tuesday, 4/ 8/ 2025	CONFERENCE HOME vs D-D & Jefferson	Monroe High School
Friday, 4/ 11/ 2025	McFarland Invite	McFarland High School
Tuesday, 4/ 15/ 2025	CONFERENCE @ Whitewater with D-D	Whitewater High School
Tuesday, 4/ 22/ 2025	CONFERENCE @ D-D with East Troy	Delavan-Darien High School
Friday, 4/ 25/ 2025	Sauk Prairie Relay Invite	Sauk Prairie High School
Tuesday, 4/ 29/ 2025	CONFERENCE HOME vs. Brodhead & Evansville	Monroe High School
Friday, 5/ 2/ 2025	Badger Invite	Lake Geneva / Badger High High School
Tuesday, 5/ 6/ 2025	CONFERENCE MEET - Valley	Jefferson High School
Thursday, 5/ 8/ 2025	Blackhawk Invite	South Wayne WI
Friday, 5/ 9/ 2025	Tider Invite	Edgerton High School
Monday, 5/ 12/ 2025	Darlington Redbird	Darlington High School
Friday, 5/ 16/ 2025	CONFERENCE	Brodhead High School
Tuesday, 5/ 20/ 2025	JV CONFERENCE	Monroe High School
Thursday, 5/ 22/ 2025	JV CONFERENCE - Frosh/Soph	Evansville High School
Tuesday, 5/ 27/ 2025	REGIONALS	Monroe High School
Friday, 5/ 30/ 2025	SECTIONALS	McFarland High School
Fri & Sat 6/6 & 6/7	STATE	UW La Crosse

# Clothing

**ALWAYS HAVE CLOTHING TO BE INDOORS AND OUTDOORS!!!**

- We will be going outdoors whenever the weather allows us.
- Wisconsin spring weather changes often. Be prepared!

**DURING MEETS IT IS ALWAYS 10 DEGREES COLDER ON THE TRACK**

- Have more clothing at meets than you need.
- Rain? Wind? Extra shoes?
- Waterproof bag(s)?



# **Running Shoes / Spikes**

**New running shoes at least annually**

- Shoes age after a few hundred miles - lead to injuries

**Spikes / speciality shoes**

- Not mandatory, but nice to have
- Moving Shoes / Fleet Feet in Middleton/ Dicks Sporting Goods

# Track Bottoms

You will be responsible for purchasing your own track bottoms for competition.

**(NON-THROWERS ONLY)**

Because of relay rules, they must all match.  
Please purchase:

Rules have become more lenient  
over the years, but:

**MUST BE BLACK**

**Note: The Cleary Rule**











# Clothing Order - Heartland Graphics

We will do this quickly in the first week, so we can have apparel quickly - due date will be Friday, March 14th

Heartland Graphics always has a nice selection of other Monroe apparel.

Senior Banners - Friday 1:30 - 4:00. We will have uniforms ready for athletes to use in the aux gym

MONROE TRACK ORDER FORM				
				
<b>A. 50/50 Tee</b> \$18 ea. Jerzees 29MR Choose: RED or BLACK	<b>B. 50/50 Long-Sleeve Tee</b> \$21 ea. Jerzees 29LSR Choose: RED or BLACK	<b>C. 8 oz. Crewneck</b> \$30 ea. Gildan 18000 Choose: RED or BLACK	<b>D. 8 oz. Hoodie</b> \$35 ea. Gildan 18500 Choose: RED or BLACK	<b>E. Poly 1/4 Zip</b> \$45 ea. Augusta 4386 BLACK/RED
				
<b>F. 29"W Duffel</b> \$40 ea. BG802 RED/BLACK ONLY	<b>G. Booney Hat</b> \$30 ea. Lightweight Poly GB400 Grey/Red	<b>H. 8 oz. Sweatpants</b> \$30 ea. - Open Bottom Gildan 18400 BLACK ONLY		
Please add \$2 for XXL, \$3 for XXXL				
ITEM	SIZE <small>ADULT - S, M, L, XL, XXL, XXXL JUN. ARE \$2 MORE, XXXL ARE \$3</small>	COLOR <small>A-D ONLY</small>	NAME <small>(OPTIONAL) PLEASE PRINT</small>	PRICE <small>(SEE PRICES NOTE)</small>
Please make checks payable to: <b>MONROE HIGH SCHOOL</b>				THANK YOU!
ORDER PLACED BY NAME _____ ADDRESS _____ PHONE _____				SUB-TOTAL TOTAL
Forms & Money DUE by March 16, 2025				
				



# New Uniforms in 2024

- Costs split between Booster Club and our fundraising



# Fundraiser - Brat Stand & Apparel Order

- **Brat stand - thanks to those that helped**
- **Apparel Order - Heartland has been very supportive of our programs, support us by ordering clothes**
- **Donations - thanks to a few very nice anonymous donations, allows us to not grind for money this season.**

# **The Booster Club**

**The Booster Club has been very generous with the Track program:**

- **Sprint equipment - new this year**
- **\$3500 for uniforms last season**
- **Hurdles**
- **Starting blocks**
- **Funding for new shot/disc and implements cart**
- **Join us Friday, March 7th for their annual event**

**Parents, please volunteer your time. You do not need to join the Booster Club, but offer to help...especially when your child is NOT in season.**





# Athletic Code

- Code Violations

- Be smart as the school year winds down!
- Road Races / non school events

- Grades / Attendance

- Start Tri 3 off strong!
- ONLY 1 ‘free’ missing class

# Nutrition / Hydration / Rest

- Rest

- Blood Drive - DO NOT DO

- The body cannot recover without proper rest

- Water

- Water Bottle in school is a MUST

- It takes 21 days to hydrate fully

- Normal Diet

- Carbs = Energy, Fats #2, Proteins repair muscle

- Post Workout

- Replenish Carbs, Proteins within 30 minutes

- Pre-Meet

- 3-4 hours prior, Carb rich, avoid grease & carbonation



## **By the First Day of Practice**

- **Turn in any missing forms/fees to the office**
- **Meet in the Aux Gym at 3:45 for Practice**
- **Wear warm clothes to go outside**
- **Pick up “the book” & other paperwork**



## Questions?

- Email Coach Jubeck - [ericjubeck@monroe.k12.wi.us](mailto:ericjubeck@monroe.k12.wi.us)
- Email Coach Mosher [-scottmosher@monroe.k12.wi.us](mailto:-scottmosher@monroe.k12.wi.us)

**Do not hesitate to contact us - always better to over communicate than under communicate.**