



**WELCOME!**

**Addams Crusaders  
Track and Field**

**2026**

**ADDAMS**

# MEET THE COACHES

## 8th Grade Girls Coach

and Shot Put/ Discus:

***Coach Molenda***

StacyMolenda@sd54.org

## 7th Grade Girls Coach

and Sprint/Distance:

***Coach Hill***

JustinHill@sd54.org

## Coach Truppa

High Jump

EricTruppa@sd54.org

## 8th Grade Boys Coach

and Long/Triple Jump:

***Coach Belluomini***

RobertBelluomini@sd54.org

## 7th Grade Boys Coach

and Hurdles:

***Coach Glesne***

NathanGlesne@sd54.org

# Why do Track and Field?

- We have over 180 athletes.
  - ◆ To learn a new sport.
  - ◆ To have fun.
  - ◆ To make new friends and to show Addams' PRIDE.
  - ◆ To set personal goals for yourself. PR's (Personal Records) and to break school records!
  - ◆ To continue track and field in high school and college.
  - ◆ Running is something you can do your entire life.
- ★ Coaches have over 95 years of experience!

# PRACTICES

- Practices are held on non-meet days. (M, T, Th, and F) from 2:25-4pm.
  - ◆ There are **NO** Wednesday practices.
- Athletes should be dressed in comfortable athletic attire, have proper running shoes and carry a water bottle at all times. Dress according to the weather.
- Typical practice - run with your team then field events.
- Activity buses are available for students with a bus pass.
  - ◆ All other athletes must arrange for a ride home by 4pm.
- ★ **Please note:** A practice may be cancelled because of inclement weather and a Boys Home Volleyball match.

# MEETS

- Athletes should be ready in their uniform by 2:25pm. **Bus leaves at 2:30**
- Coaches decide what events athletes participate in.
- D54 dual meets are at **Ike** and most are scheduled to start at **3:30**.
- Track meets typically last 2.5 hours.
- **Wohlhuter Invite April 24th** at St. Charles East H.S. (4:30 start).  
**Top athletes only.**
- Conference meet on **May 15th at Hoffman H.S.** (Rain date is May 18 at Conant H.S.)
  - ◆ Not all athletes will participate.
- Dress for the weather. Bring water and snacks.
- Athletes riding the bus back to Addams will call for a ride to be promptly picked up by a guardian.
- Spikes can be worn (optional).
- Parents may take their athlete home from away meets, but must sign out with their coach.
  - ◆ If your athlete is riding home with another family, a written note/email must be provided.

# MEET RUNNING ORDER

**April 16 - April 24**

BOYS run first  
while girls compete  
in field events.

**April 27 - May 18**

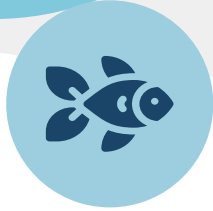
GIRLS run first  
while boys compete  
in field events.

# Track Uniform and Shoes

- Athletes were issued a Track uniform - Singlet only to be worn at all meets. Students supply their own shorts/running pants (Navy or Black).
  - ◆ Hand wash and air dry to prevent damage.
    - \$50 replacement fee for singlet if lost/damaged.
- For cold weather, athletes can layer underneath their jersey.
  - ◆ Must be school colors or black.
- Uniforms will be collected at the end of the season.
- As stated before, spikes are optional. Contact Dick Ponds. Running shoes are optional but highly recommended. Xtra Mile Running is offering A 10% discount to D54 students.

# 3 STRIKE POLICY

- At Addams we strive to be our best selves and teammates.
  - ◆ Attend practices and meets. A parent needs to **Email the coach** if there is a conflict.
  - ◆ Respect adults, peers and yourself at all times.
  - ◆ Use appropriate language.
  - ◆ Demonstrate good sportsmanship.
  - ◆ Remain eligible and in good academic standing.
    - 2 D's or 1 F = 1 week of ineligibility until the grade(s) is improved
- ★ **Failure to follow these rules will result in a strike.**
  - **After 3 strikes, the athlete will be removed from the team.**



## H<sub>2</sub>O

Athletes should ALWAYS bring a reusable water bottle to school and hydrate throughout the day.

It is recommended that you drink 0.5oz for every pound you weigh (ie. 100 pounds = 50 oz of water). When exercising, additional water should be consumed to replenish hydration.



## Pre/Post Snacks

Pre-Run Snacks: Carbohydrates and Fats  
ie. Apple or banana and peanut butter

Post Run Snack: Carbohydrates and  
Proteins



**QUESTIONS**

**?**



**Thank  
you!**