



# Home of the “Fighting Eagles”

## Navajo Prep Athletics

Welcome Back Fighting Eagles! & Welcome New Fighting Eagles!

Fall Sports is right around the corner! I am very excited to begin the 2024 Season! But first, let me welcome you and hope that you had an exciting and restful summer! Seniors, this is your year to strive for excellence and be the leader of your team! Juniors and Sophomores, this is your year to continue to get better and train harder than last year. Freshman, this is your year for upsets and surprises. Whatever jersey you put on, it all has the same name: “NAVAJO PREP!” So let’s represent it well on and off the field/court.

We had a very successful year last year in 3A with many teams being District Champions, qualifying for State Playoffs and being State Champions and individual State Champions. We want the 2024-2025 year to be just as great and therefore it is *imperative* that you attend the 1<sup>st</sup> official day of practice. Each coach is very excited to meet you, teach you, and win with you! So make sure you do your part and be prepared and in shape for pre-season!

If you haven’t downloaded the Rank One Sports App, please do so. Most paperwork you need is on the app and all you need to do is review and sign. You will, however, need to upload your 2024-2025 Sports Physical Form and Concussion Certificate. If you are unable to upload your forms, you may turn it into Tami Begaye, Athletic Secretary, and she can upload it for you. You will need a student ID number to create your account. Returning students, this number is on your student ID card from last year. New students, you will get your Student ID at New Student Orientation on July 21, 2024.

There is a big change for the 2024-2025 season for volleyball and basketball. Due to the amount of athletes that participate in these two sports, we will allow a maximum of 36 players to fill the C, JV and Varsity teams. We are hoping to have more athletes participate in the girls’ soccer program under new Head Coach, Ms. Ameri. She wants you on her team, even if you never played soccer before.

### What you need to do right now:

Before you will be allowed to participate in the 1<sup>st</sup> official day of practice, you will need to have the following **required documents signed and uploaded into Rank One or turned in:**

- Sports Physical packet completed
- Concussion Form Signed by athlete and parent (included in the sports physical packet)
- Concussion Certificate ([www.nfhslern.com](http://www.nfhslern.com))
  - o Click on Courses for Student
  - o Click on Concussion for Students
  - o Create an account using student name and student email. The name used to create the account will be on the certificate.
- Magnus completed

If you are not able to upload documents into Rank One, or you can’t create an account because you don’t have a Student ID yet, you may send documents to Tami at [tbegaye@navajoprep.com](mailto:tbegaye@navajoprep.com). Again, you will **NOT** be allowed to practice until these required documents are turned into the Athletic Secretary. Please get started on the paperwork now and don’t wait until the last minute.

*Navajo Preparatory School*  
1220 W. Apache St Farmington, NM 87401  
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There is a \$50.00 Athletic Fee for each sport an athlete participates in. The athletic fee will go back to program needs and banquet. The \$50.00 Athletic Fee will need to be paid before the 1<sup>st</sup> competition. There are 2 options for parents to pay this fee:

- 1) Pay the full amount of \$50.00
- 2) Pay \$30.00 and the remaining balance of \$20.00 can be substituted by the parent taking one free course on the National Federation of High School (NFHS) website: [www.nfhslearn.com](http://www.nfhslearn.com).

There are 19 Free Courses a parent can choose from. Your parent will go to the [www.nfhslearn.com](http://www.nfhslearn.com) website and

- Click on Courses for Parents
- Choose a free course that parent would like to take.
- Create an account using parent name and parent email. The name used to create the account will be on the certificate. The certificate must have parent name (not student name) to receive the \$20 discount.

At the end of the course, your parent will receive a certificate. Email certificate to Tami at [tbegaye@navajoprep.com](mailto:tbegaye@navajoprep.com). Once the certificate is received with parent name, the \$20.00 will be waived. If you play 3 sports (\$150.00 Athletic Fee), then your parent can take 3 free courses for a total of \$90.00 and submit three certificates. To be fair with everyone, if an athlete does not pay the Athletic Fee before the first competition, they will not be able to participate until Athletic Fee is paid. ***It is highly recommended that parents complete the free course and bring the certificate to the Parent/Athlete Pre-season Meeting along with paying the fee at the meeting.***

First day of Football practice is **August 5, 2024. Mandatory Athlete/Parent Football Meeting is August 4, 2024 at 2 pm at the Eagles Nest.** For local students or students who can make it, the football team is currently having practices on Monday and Wednesday from 5-8 pm. Contact Coach Denetso for more information.

First day of practice for Volleyball, Cross Country, Girls Soccer, Cheer is on **August 12, 2024. Mandatory Athlete/Parent Meeting is on August 11, 2024 at 2 pm at the Eagles Nest.** For local students or students who can make it, the volleyball team is currently having practices. Contact Coach Larvingo for more information.

We can't wait to see all the returning faces and all the new faces!! Let's break records this year, win District, win State, play/run with pride, and be Proud to be an Eagle!! Let's Do Work!

Rainy Crisp, Athletic Director  
[rcrip@navajoprep.com](mailto:rcrip@navajoprep.com)

### **2024 Fall Coaching Staff**

Head Football Coach

Roderick Denetso

[rdenetso@navajoprep.com](mailto:rdenetso@navajoprep.com)

Head Volleyball Coach

Martinique Larvingo

[Martinique.larvingo@navajoprep.com](mailto:Martinique.larvingo@navajoprep.com)

Head Cross Country Coach

Stephanie Coon

[scoon@navajoprep.com](mailto:scoon@navajoprep.com)

Head Girls Soccer Coach

Katayan Ameri

[katayan.ameri@navajoprep.com](mailto:katayan.ameri@navajoprep.com)

Head Cheer Coach

Dekotah Dawes

[dekotah.dawes@navajoprep.com](mailto:dekotah.dawes@navajoprep.com)

Head Golf Coach

Jeremy Yazzie

[Jeremy.yazzie@navajoprep.com](mailto:Jeremy.yazzie@navajoprep.com)

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## Navajo Prep Athletics

### **FOOTBALL** Practice Check-In Schedule **August 4-9, 2024**

**\*All football athletes will stay in the residential home for the practice week of August 4-9, 2024\***

#### **Sunday August 4, 2024**

2:00 pm	Mandatory Parent/Athlete Meeting – Eagles Nest
4:00 pm	Check into Residential Home (no dinner provided. Eat before parents depart)
5:30 pm	Meet with football coaches to receive equipment
8:00 – 10:00 pm	Personal time
10:30 pm	Lights Out

#### **Monday August 5, 2024**

First Official Football Practice – Coach will provide a schedule at the parent meeting

#### **Friday August 9, 2024**

Coach will provide a schedule at the parent meeting that will include pick-up time.

#### **Sunday August 11, 2024**

All residential students check into the residential home for the school year.

#### **Monday August 12, 2024**

1<sup>st</sup> Day of School

Football practice will begin at 4:30 pm

#### **What to bring for pre-season practice**

- Water bottle and snacks
- Sports attire (running shoes/cleats, etc)
- Necessities: hat, sunscreen
- **Positive Attitude, Work Ethic, Leadership, and Commitment**

#### **What to bring to the residential home:**

- Bed linen for twin bed, blankets, pillow
- Toiletries: shampoo, toothbrush, brush/comb, towel, etc
- Flipflops/sandals
- 2 padlocks
- Fan for dorm room
- Snacks in a plastic bin

Questions or additional information for Residential, please email Roderick Denetso at [rdenetso@navajoprep.com](mailto:rdenetso@navajoprep.com)

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### **Volleyball, Girls Soccer, Cross Country, Cheer** **Pre-Season Practice August 5-9, 2024**

There will be pre-season practice for volleyball, soccer and cross country on August 5-9, 2024. This practice is *NOT MANDATORY*, but highly encouraged to attend. You will *NOT* need a sports physical to attend this practice, but must have a sports physical to attend practice on August 12, 2024. There are only 32 spots available for the male and female residential home. The football athletes will have priority for the male residential home being that it is their first official day of practice. If you would like to stay in the residential home, you **MUST** email me (Ms. Crisp) to reserve a spot. The first 32 athletes that email me will have a spot in the residential home.

#### **Sunday August 4, 2024**

5:00 pm Residential athletes, check into residential home. No dinner will be served. Please eat before family departs.

#### **Monday August 5, 2024**

- Coaches will send out an email with practice schedule.

#### **Friday August 9, 2024**

- Coach will provide a schedule that will include pick-up time.

#### **Sunday August 11, 2024**

- All residential students check into the residential home for the school year.

#### **Monday August 12, 2024**

- 1<sup>st</sup> Day of School
- 1<sup>st</sup> Official Practice for Volleyball, Soccer, Cross Country, Cheer will begin at 4:30 pm

#### **What to bring for pre-season practice**

- Water bottle and snacks
- Sports attire (running shoes/cleats, etc)
- Necessities: hat, sunscreen
- **Positive Attitude, Work Ethic, Leadership, and Commitment**

#### **What to bring to the residential home:**

- Bed linen for twin bed, blankets, pillow
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