

2011 Crusader Track and Field Registration

Track & Field is open to all 5th-8th grade girls and boys. We encourage students of all athletic abilities to join the team. Running events include individual races of 75m, 100m, 200m, 400m, 600m, 800m and 1600m as well as relay races and hurdles. Field events include long jump, triple jump, high jump, shot put, discus and javelin. Track practices are usually held three times a week from 6 to 7:30 pm at Downers Grove North or St. Joseph's. We have five meets each season, all on Saturdays.

Practice Start Date: Tuesday March 15 – FIFTH GRADERS ONLY - 6:00 pm to 7:30 pm at School Gym. First whole team practice is Wed, March 16, same time and place.

2011 Meet Dates: April 16, April 30, May 7, May 14, May 21.

Meet Times: 5th and 6th graders 8 am -11:30 7th and 8th graders 12 - 3:30

Meet Locations: Meet locations will be posted in March on our track web site www.SJSTrack.blogspot.com. This is where we post our practice schedule, practice changes due to weather, meet details and all other information.

Fee: \$32 for first student, \$24 each additional student. Make checks payable to St Joes A&B.

Parent Volunteers: Each team is required to provide several parent volunteers at each meet to help work the events. No track experience is needed for the volunteers. We'll distribute a list by early March that identifies which meet each parent is assigned to work. If you're unable to attend the assigned meet, we ask you to find another parent volunteer who will switch meets with you, and advise us of the switch by e-mail to Steve Harris, below.

Parents Meeting: We'll have a short meeting Tuesday May 15 at 7:15 pm at the school hall, as the 5th grade practice is winding down. This meeting mainly is for parents of 5th graders who are not familiar with the program, and is not mandatory.

Coaches: WE NEED MORE COACHES!!! Please consider joining our coaching staff to help at practices and/or meets. Track experience is not necessary. If you'd like more information please call any of the coaches below.

Steve Harris (head coach) steveharris70@comcast.net 630-852-7369
Bob Lemay Sue Barrett Laura McGrath Joe Roth
Jeff Gentile Suzanne Shover Bob Davis Mary Fran Kitz

2011 Track & Field Registration Form

- Students – please sign and return this page with payment to the School Office by Feb 15th.
- \$32 for first student, \$24 for each additional student
- Make check payable to St. Joes A&B

I _____ wish to participate in track and field for the 2011 season. I will abide by all Behavior Guidelines and Procedures as listed in the St. Joseph Parish School Handbook.

Shirt Size (adult sizes) S M L XL

Grade (circle one) 5 6 7 8

Gender M F

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