

ST. JOSEPH'S TRACK AND FIELD FAQ Sheet – 2010

Coordinators and Coaches

Track Coordinator: Tom Capper (790-9467) – capper.1@verizon.net

Assistant Coordinator: Ed Vinarski (432-2766) – ed@vinarski.net

Varsity Girls Coach: Lisa Lenz (766-0510) – (cell 608-1226) – LLLyaya@comcast.net

Varsity Boys Coach: Jacque Halbach (732-8815) – jhalbach@comcast.net

JV Girls Coach: Christine Brennan (267-709-9394) – cmbrennan@hotmail.com

JV Boys Coach: Mark Cady (697-0343) – marcady@hotmail.com

Schedule Updates on Twitter: <http://twitter.com/stjoetrack>

Volunteers

Help is needed at practices and meets for timing, recording and helping with field events. Experience is not required. In order to make this a meaningful program for the kids, we need help and will be calling on parents throughout the season to pitch in!

Free Coaches Clinic Training (open to volunteers): Saturday, March 20th at 11:30 a.m. at Trinity H.S.

Teams

Junior Varsity Girls -- Grades 4 – 6

Junior Varsity Boys -- Grades 4 – 6

Varsity Girls -- Grades 7 & 8

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Events

50 meter dash

100 meter dash

200 meter dash

400 meter run

800 meter run

1600 meter run

4 X 100 meter relay

4 X 200 meter relay

Medley relay

Shot Put

Discus

Softball Throw

Long Jump

High Jump (exhibition only;
varsity only)

Order of Events at Meets

(Field events held concurrently.)

800 m

4 x 100 Relay

50 m

200 m

400 m

100 m

4 x 200 Relay

1600 m

Medley Relay

Uniform: Team shirts are required for all meets. We are using the same shirt as last year (the yellow SJS Track shirt). They are available for purchase for \$7.

- No jewelry is permitted during meets.
- Spiked shoes or shoes that accept spikes are prohibited.

Practices:

First Practice: Monday, March 15, 2010

Location: Mechanicsburg High School Track

Time: 5:45 – 7:00 p.m. (please arrive by 5:30 p.m. so that practice can begin promptly at 5:45).

Practice Schedule:

Mon., 3/15	Wed., 3/17
Mon., 3/22	Wed., 3/24
	Wed., 4/7
Mon., 4/12	Wed., 4/14 (Team Pictures)
Mon., 4/19	Wed., 4/21
Mon., 4/26	
Mon., 5/3	Wed., 5/5
Mon., 5/10	Wed., 5/12
Mon., 5/17	Wed., 5/19

Practice ends at 7:00 PM. Please be prompt in picking up children. If weather seems threatening, parents are expected to stay close by.

- No practice during Holy Week (3/29 and 3/31) or on Easter Monday (4/5). No Practice on Wednesday, April 28th.
- Team Pictures will be held on Wednesday, April 14th. Athletes should wear their team shirts.
- Rules dictate that, in order to participate in the Meets, an athlete must participate in an average of one practice per week. Attendance is taken and coaches will decide whether or not an absence is excused or unexcused. If there are CCD or religious education conflicts, please talk with your coach so that accommodations can be made.
- Unless otherwise instructed, athletes should start walking around the track upon arrival at practice. NOTHING else will be tolerated.
- Unless the safety of the athletes is in question, we will practice in almost all types of weather. If practice has to be cancelled, we will do our best to get the word out. Please monitor your e-mail or check <http://twitter.com/stjoetrack> if it looks like there will be bad weather.
- We will communicate information about practices and meets to all parents by email or Twitter, unless requested otherwise. We won't always be able to notify you before you leave home for practice so you might arrive and be told it has been cancelled.

Miscellaneous: Dress appropriately for practice (sweatshirts, sweatpants) – it can get windy and cold especially in the early part of the season. Bring water.

Meets

- Meets will begin in late March. The final schedule will be distributed as soon as it's available.
- Saturday meets will be held either in the morning or afternoon. Sunday meets will be held in the afternoon. Toward the end of the season, we might have a weekday evening meet if one is rescheduled due to bad weather.
- St. Joe's typically hosts 4 meets, so we will need additional volunteers for these meets.
- The 4th Grade Meet and the All League Championship will be held in Mid-May.