

## 2010 Spring Track Registration Information

Dear Parents:

Attached is information about registering your child for the 2010 Track & Field team. We would like to use this opportunity to describe the program and encourage you to have your child consider joining the Track team this spring.

With 12 events at each meet for each grade level and with 3 or 4 athletes able to compete in each event from a team, the ideal track team has MANY athletes. For this reason, St. Isidore competes on a combined school team with St. John the Baptist, St. Mary, and St. Irene. This team competes in the Suburban Parochial League (SPL) which includes most parochial schools in DuPage County, 20 teams total.

Compared to other school sports, our season is short - lasting only seven weeks. We practice three times a week, usually Mondays, Wednesdays, and Thursdays, beginning April 5th. There are five meets on consecutive Saturdays, beginning with the first on April 24th and the final, SPL Championship Meet on May 22nd. The Championship is an exciting event for the children – last year over 2,000 athletes competed at Wheaton College!

Children that participate in Track benefit from many positives, including:

- Because all four schools, all four grades, and both boys and girls practice together, the children build camaraderie beyond their own classmates. Friendships have been formed that carry into high school.
- With so many events available, every child can participate in multiple events at each meet – usually limited only by the SPL maximum of four events per meet.
- Inherent in the sport of Track is the primary goal of self improvement. We strive for every child to improve their own results as a measure of their success. Of course, Track also offers highly skilled athletes the opportunity to compete for ribbons and championship medals as well. (\*\*\*) Last year we had ten individual Division A champions, three individual SPL champions, and a third place Division A team finish! (\*\*\*)

Track & Field is a great sport in its own right, but can be equally beneficial (and fun) for those children that enjoy other sports as well, such as: football, basketball, baseball, softball, volleyball, and soccer. Improving speed, strength, and jumping ability will no doubt help the athletes in these other sports. Of course, these multi-sport athletes will encounter conflicts from time to time – this is not a problem.

Finally, as mentioned above, the Track team consists of 4 grades, both boys and girls – 8 teams essentially. This results in a large number of athletes to be coached. We need your HELP! No experience necessary!

## 2010 Spring Track Registration Information

The registration and uniform deposit forms are due back to school on Friday, March 12<sup>th</sup>. There will be an informational parent meeting on Monday, March 15<sup>th</sup> at 7:00 PM in the St John's gym.

If you are interested in coaching or have questions about the program, please feel free to call any of the coaches listed below prior to the upcoming meeting.

Thank you,

Tim Hardy                   (630) 487-9438  
Lois Hitchcock           (630) 393-2409  
Ross Jones               (630) 690-5263

### **List of Track & Field Events**

75 Meter Dash	Long Jump
75 Meter Hurdles (7 <sup>th</sup> & 8 <sup>th</sup> grade)	Triple Jump
100 Meter Dash	High Jump
200 Meter Dash	Shot Put
400 Meter Dash	Javelin (5 <sup>th</sup> & 6 <sup>th</sup> grade)
600 Meter Run (5 <sup>th</sup> & 6 <sup>th</sup> grade)	Discus (7 <sup>th</sup> & 8 <sup>th</sup> grade)
800 Meter Run	
1600 Meter Run (7 <sup>th</sup> & 8 <sup>th</sup> grade)	

\*\*\* THERE ARE EVENTS THAT FIT EVERY CHILD \*\*\*\*

## 2010 Spring Track Registration Information

### St Irene, St John, St Mary, St Isidore Track Program 2010 Spring Track Season Registration Form

[www.st-johntrack.org](http://www.st-johntrack.org)

Student Name: \_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

Parents/Guardians Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Registration and track uniform deposit are due at the school office on Friday March 12<sup>th</sup>.

The Parent meeting will be held on Monday, March 15th at 7:00 PM in the St John the Baptist gym.

In order to fulfill league requirements a parent/guardian of each athlete will have to volunteer at a minimum of one track meet. This will be covered in more detail at the parents meeting.

Please call Tim Hardy at (630) 487-9438, Lois Hitchcock at (630) 393-2409, or Ross Jones at (630) 690-5263 with any questions you may have.

2010 Spring Track Registration Information

# TRACK UNIFORM DEPOSIT

This season we are requiring a \$25 deposit check for the track singlet (uniform). This will cut down on the end of season time coaches and athletic directors spend trying to collect back all singlets.

The check will not be deposited and will be returned when the singlet is turned in at the end of the last meet.

**Return this form and check with your registration form.**

Make \$25 checks out to St. Irene School.

-----

Student name: \_\_\_\_\_

School: \_\_\_\_\_ Grade \_\_\_\_\_

Adult Tshirt Size: \_\_\_\_\_Med. \_\_\_\_\_Large \_\_\_\_\_X-Large

+++++

Date received: \_\_\_\_\_ Check number : \_\_\_\_\_ Uniform #: \_\_\_\_\_