

Track & Field is....

WORK AND FUN.

Your child WILL be expected to participate (running, throwing and jumping), but coaches keep a good balance of play and hard work.

EXERCISE.

Cross training is the name of the game. Our workouts will help your sport kid get better in any sports they enjoy outside of track.

SOCIAL.

We combine three schools to make one team. Your kids will meet kids outside of their existing social circle.

AN EXTENSION OF OUR FAITH.

We work on a lot of core values of our faith...forgiveness, mercy, compassion, respect and grace.

FLEXIBLE. Your child is encouraged to join even if they cannot make every practice or meet. They benefit by participating in any way that best fits with your family schedule.

A SHORT SEASON! We start practice end of March and have only five total meets with the last one on 5/19.

ALL ABOUT INDIVIDUAL EFFORT AND SELF IMPROVEMENT. Success is measured in more than just blue ribbons.

PRACTICES/MEETS

The track season is 8 weeks long – 2-3 practices per week and 5 total meets.

Meets:

April 21 @ TBD

April 28 @ TBD

May 5 @ TBD

May 12 Division Championship @ TBD

May 19 League Championship @ Bolingbrook High School

5th/6th grades compete in AM. 7th/8th grades compete in PM.

First Practices Before Spring Break

TBD

SPRING BREAK optional practices to be announced later.

Regular Season Practices* (starting week of 4/2):

Mondays at Benjamin Middle School, West Chicago. 6-7:30pm

Wednesday at Benjamin Middle School, West Chicago. 6-7:30pm

MAYBE Thursdays at Kress Creek Farms in West Chicago. 6-7:30pm

**Rainouts may move to SJB gym.*

PARENT EXPECTATIONS

Volunteering

We rely on our parents to help run meets effectively. We ask that each family volunteer to help at one (at least) meet.

Coaching

Are you interested in helping coach our team??? All are welcome.

REGISTRATION FORMS

- Emergency Contact Form - DUE before your child's first practice if your child **DID**

NOT PARTICIPATE LAST YEAR!

- Uniform Order Form –Bring payment / order to first practice.

Please contact Coach Shannon Ryson at (630) 728-4080 or at swryson@gmail.com with any questions. All forms are below.

We'd love to have your child participate!

To register your child, please send an email to swryson@gmail.com noting "T&F Registration 2018" in the Subject line.

In email body, please indicate:
Athlete(s) Name / Grade(s) / School

Receipt of your email will be sent within 24 hours. New athletes to T&F, if you would like to send EMERGENCY CONTACT FORM below as attachment, please do.

NOTES:

- 1) Athletes that have **not** participated in any other sports in '17-'18 school year **must have physical on file in your school office.**
- 2) Informational Meeting TBD at St John the Baptist gym. All parents are encouraged to attend.
- 3) **Volunteerism:** In order to fulfill league requirements, a parent/guardian of each athlete is asked to volunteer a **minimum of one of the five track meets.** More info to follow.

Please contact Shannon Ryson at (630) 728-4080 or at swryson@gmail.com with any questions.

Family Last Name: _____ **School:** _____

Student #1 First Name: _____ **Grade:** _____

Student #2 First Name: _____ **Grade:** _____

Father's Name: _____

Cell Phone: _____ **Email:** _____

Mother's Name: _____

Cell Phone: _____ **Email:** _____

Any known allergies or medical conditions the coaches should be aware of during practice (identify student):

This completed form is due before or at your child's first practice and is REQUIRED. You may send it electronically to Shannon Ryson @ swryson@gmail.com. Our first practice is TBD.

2017 Track & Field

Uniform Order Form

- Please complete order form below IF you do not have an ORANGE UNIFORM RUNNING SHIRT (same as used for Cross Country).
 - Uniform shirts are dri-fit polyester and are athlete's responsibility to keep/maintain.
 - Uniform shirts are required for all meets.
 - **Orders are needed NOT LATER THAN TUESDAY, MARCH 26th to ensure delivery by the first meet.**
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Select your athlete's name and size:

Student #1 Name _____

Shirt Size (circle one): YOUTH S M L
 ADULT S M L XL

Student #2 Name _____

Shirt Size (circle one): YOUTH S M L
 ADULT S M L XL

Bring order to practice OR send order form with **\$15 (per shirt)** payment to:

Stacey Riggs
Re: Track Shirt
St Irene School
3S601 Warren Avenue
Warrenville, IL 60555

Cash or check welcome. Checks should be made out to St. Irene School.

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Date received: _____ Check #: _____