

# Track & Field is....

## **WORK AND FUN.**

Coaches keep a good balance of play and hard work. Make no mistake, your child will be expected to participate. But ask any kid who's participated... it's fun hard work.

## **EXERCISE.**

Cross-training is the name of the game. Our workouts will help your sporty kid get better in any sports they enjoy outside of T&F.

## **SOCIAL.**

We combine three schools to make one team...one family. 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, fortitude, 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 3/18 and have only five total meets with the last one on 5/18.

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

## **PRACTICES/MEETS (locations subject to change, except 5/18 meet)**

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

April 13 @ Geneva Middle School

April 27 @ Geneva Middle School

May 4 @ Marmion

May 11\* Division Championship @ Marmion

May 18\* League Championship @ Bolingbrook High School

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

\*BIG MEETS....try to avoid missing!

### **First Practices Before Spring Break**

TBD – but likely Monday, 3/18 and Wednesday, 3/20

**Possible Spring Break optional practices to be announced later.**

### **Regular Season Practices\* (starting week of 4/1):**

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

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

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

\*Rainouts move to SJB gym.

## **PARENT EXPECTATIONS**

### *Volunteering*

We rely on our parents to help run meets. Each family is asked to volunteer to help in TWO meets. Volunteering is a requirement of this sport and will be strictly enforced.

### *Coaching*

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

### **REQUIRED REGISTRATION FORMS:**

1) Emergency Contact Form:

Due **before** your child's first practice if your child **DID NOT PARTICIPATE LAST YEAR!**

Electronic or hard copy is fine.

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

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

**We'd love to have your child participate!**

To register, send email to [swryson@gmail.com](mailto:swryson@gmail.com) noting "T&F Registration 2019" in the subject line.  
Cc your school's Athletic Director!

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

Receipt of your email will be sent within 24 hours.  
If you would like to send EMERGENCY CONTACT FORM as an attachment, please do.

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NOTES:

- 1) Athletes that have **not** participated in any other sports in '18-'19 school year **must have physical on file in your school office.**
- 2) Informational Meeting Tentative Date: Wednesday, March 20th, 7pm 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 two of the five track meets.** More info to follow.

# 2019 Track & Field

# Emergency Contact Form

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):

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**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](mailto:swryson@gmail.com). Our first practice is 6pm, Monday, March 18th.**

# 2019 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 WEDNESDAY, MARCH 20th 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 first 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 #: \_\_\_\_\_