

Track Information Sheet 2012

Track will start March 12th. It will end May 20th for most athletes and June 3rd for those going to the All Star Meet.

Track practice is after school on Monday and Thursday.

K-4 are picked up at 4:30.

5th-8th are picked up at 4:45.

We will practice in the rain and snow. Please bring appropriate clothing. K-4 will stay in the gym if it is raining or snowing. 5th-8th will be outside.

It is best **not** to send an after school snack. Many of the children end up with stomachaches from running after eating. If your child must have a snack send something light, like yogurt or a banana. **NO CHIPS!!** If I see them eating chips, I will ask them to put them in their lunch box. One of the things I would like to try to promote through track is a healthy lifestyle. Part of being healthy is to eat healthy. I don't want them eating chips before they run.

The children should bring a water bottle to track practice. Their name should be on it. There is no way we can keep track of all the water bottles. So please make sure they are clearly marked.

Track Meets for 2012

The meets start at 1:00. You need to be at Immaculate High School at 12:00.

Our two regular season Track Meets are **Saturday**, March 31st and Sunday, May 20th.

All Star Meet is June 3rd

Awards

Awards are given to the top 3 finishers of a race per age group per sex. So if there are 5 heats of a race, only the top 3 fastest times receive a medal.

Heat Winner

A bracelet will be given to the child who wins his/or her heat. They will receive it as they cross the finish line. It will help those children who don't understand why they finished first in their heat, but didn't receive a medal.

Physical Form

You will need to have a sport's physical form turned into the school nurse by March 9th. Please contact Terri Fiddler, the school nurse if you have any questions on the physical.

Timing System

The same timing company is coming back to time our meets this year. So it is very important to make sure you keep your BIB number that I give you before the first track meet. Keep it somewhere safe. You will use that same BIB for all the meets. If you lose the BIB, you can buy another one the day of the meet. It is a pain because I have to tell the timing company your new BIB#, so it is correct in the timing system.

When the children run their race their BIB number needs to be visible. So if they need to stay warm, put an under armor shirt under their track tank top.

They will also have a sticker on their left leg. As they pass the finish line a photo is taken. The number needs to be visible incase their is a tight race to see who came in first, second, third etc.

Coaches will try to find children before their race, but you as the parents need to be paying attention, so we don't have to search for you. More will be said about this before our first track meet.

Picture Day

May 14th after school. Forms will be handed out the practice before. The forms should be sent to school with your child that day. You normally can not pay later. We are trying a new company this year. Bear Photography out of Shelton. They did my daughter's softball pictures last year, and I was impressed with their organization and the amount of people they sent to help out.

Track End of Season Party

Will be in June after school on a Monday or Thursday. Once I have a date, I will let you know.

General Information:

It is best for the kids to wear layers when it is cold outside. If they get hot, they can take one layer off. They should have a headband or hat and gloves. On Monday and Thursday the children can wear their gym uniform to school, even if they don't have gym class. This way they don't have to change after school.

A good pair of running shoes is essential. They should not wear basketball shoes, cheerleading shoes, skate boarding shoes, etc. They need to have the proper support so they don't cause damage to their body. If someone shows up to practice without gym shoes, they will not be able to practice that day.

Kilometers in Ridgefield, always gives us a deal on running shoes. If you tell them that you are from St. Gregory's School they will give you a 10% discount.

The only clothing item the children need to purchase is the track tank top. We wear this top at the track meets, not at practice. The other clothing items are available if you

want them. They are not mandatory. The track tank is not included in the price of the track program. You will need to purchase a track tank, unless you can use your tank from last year.

We must have volunteers to have a program as big as this one. We need 1 parent volunteer for every 10 children. The younger grades could use more. If we don't have enough coaches, we will not be able to include everyone. Some of the coaches from last year are not able to coach this year because their work schedules have changed. You don't need any prior experience. I will tell you what you need to do.

If you sign up as a coach, I need you to be there unless your child is sick. I know it is a commitment, but it is well worth it. The children really love to be with their friends outside of school, be part of a team, and they love to run!