

Track Information Sheet

Track will start March 8th. It will end May 23rd.

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 2010

1. April 11 (St. Gregory, St. Mary Ridgefield, and St. Mary's Bethel)
2. May 2nd (St. Gregory, St. Mary's Ridgefield, St. Rose)
3. All Star Meet May 23rd - Only the top 3 children in each age group for each event participate in this meet.

Track Pictures

May 6th after school

Track End of Season Party

June 3rd after school

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. 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 this year. You will need to purchase a track tank, unless you can use yours from last year.

You will need to have a sports physical form filled out and turned into the school nurse by March 8th. If you can't remember if you turned one in for your child yet this year, please contact Terri Fiddler, the school nurse.

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. 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!