

2017 STM Track

Coaches: Jason Hugenhroth, 225 247 3555, jason.stmrun@gmail.com (Direct questions to Jason or Karen)
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Paula Mertz, mertzp@stnbr.org

Volunteers: We need parents to help with meet setup and takedown and to bring the water jugs, and a table for the meets. A Sign-Up Genius will be emailed out.

Uniforms: A uniform tank and **SHORTS** are required. They are included with the registration fee. A fee deduction is allowed if you are reusing a uniform. Note: Cross country shorts can be used for track. The tank cannot. Parents can purchase a coach's style top for \$21 if they are interested. An order form is attached. The form and money for parent's shirts or extras for athletes is due to Coach Karen by Feb. 23.

Fees and registration: The participation fee is \$65. www.stnbr.org; athletics, athletic forms and click on *STM Athletic Registration Form*. Turn money and registration forms into the SCHOOL. Write TRACK FEE on the envelope. Deduct \$12 if using tank from last year and \$12 if using shorts from last year. This deduction is not on the registration form. Just write a note on the form.

Physicals: Athletes must have a completed health form on file with the school that is less than one year old. Go to www.stnbr.org; athletics; athletic forms. Return these to the school, not the coaches.

SEND TO SCHOOL: Completed physicals, registration form, participation fee.

SEND TO COACH KAREN: Uniform order form, money for parent shirts, money for extra athlete uniforms.

Practices:

When: Tue and Thu from 5:30 to 6:30 starting on Tuesday, February 7.

Where: Broadmoor High School track. It is located on Goodwood Blvd between Sharp and Airline. From Goodwood turn South onto Marilyn Dr. then left onto Cynthia Ave. We will congregate at the far side bleachers. We will have an occasional practice at Forest Park when there is a meet at Broadmoor.

What to bring/wear: Running/athletic shoes (depending on events), watch, full water bottle, bath towel.

Rain policy: We practice in the rain unless there is lightning in the area or it is too cold. A decision to cancel practice will typically be made at practice time.

Training schedules and additional practices: Training schedules will be emailed to parents. The schedules will include workouts for days we do not meet for practice.

Meets: Meets start early on Saturday or late Sunday mornings and end in the afternoon. The first meet is on 3/19. The last meet is 4/29 or 4/30. Athletes should arrive approximately one hour before their first event to warm up and so that we can verify they are present. Late arrivals may be scratched from their event. Meet parking can be difficult. Please plan accordingly.

Events and divisions: Our meets include the following events – shot put, discus, high jump, long jump, triple jump, 4x100 m, 1600 m, 100 m hurdles, 100 m, 400 m, 200 m, 800 m, 4x200 m, 4x400 m. There is a junior division (5th and 6th grade) and a senior division (7th and 8th grade). Boys and girls compete separately.

Equipment: Running shoes are needed for all track events and for practice. Spikes are optional and can be worn at the meets, but not at practice. A digital watch with a chronograph and a lap counter is recommended for runners. Varsity Sports and Fleet Feet (and possibly others) offer a 15% discount on shoes for track team athletes. Other equipment will be provided. Recommended shoes/spikes and other items can vary by event. Please speak with the coaches before purchasing if you are not exactly sure what you are getting.

2017 Tentative Track Meet Schedule

Sunday, March 19 – Episcopal Meet and Episcopal, 1:00 Start

Sunday, March 26 – Holy Family Meet at Port Allen High School, 12:00 start

Sunday, April 2 – Most Blessed Sacrament Meet at Dutchtown High School, 2:00

Saturday, April 8 – Ascension Catholic Middle School Meet at Donaldsonville High School, 10:00 start

Saturday, April 29 – St. Aloysius Meet at Catholic High

ATHLETES:

Expectations: We want our athletes to enjoy track and field. We do this for fun, but that is within the context of participating in a competitive sport. Our focus at practice is training, not socializing. Listen to your coaches and come prepared to work or don't come.

Track etiquette and safety: You will be instructed on proper track etiquette and safety. Not following these rules is dangerous for you and others. If you cannot follow these rules you will be dismissed.

Events: You may participate in a combined total (track and field) of up to four events. We expect everyone to compete in at least two. Once you are signed up for an event you are expected to participate. Scratching is not allowed unless you are injured.

Event selection: Many events have limited entries. Some events are unlimited. We try to allow athletes to pick their events. Limited entries go to top performers. Coaches make the final decisions. Be open minded when selecting events. Listen to your coaches. What you want to do is not always what you are best suited for. Use your talents!