

Sacred Heart Track
Parent Meeting
3-16-11

Welcome to another year of track at Sacred Heart. Our coaching staff this year includes myself, Coach Steve Gilman who has been with us for years, Coach Chuck Jaynes who is with us for his second year now, and new to our team is Tia Gardner who is also our Pre-K and art teacher. We are looking forward to a great year.

All families should have received a schedule for March & April. On the schedule you will find all practice and meet times and dates. We host 2 meets this year, one on April 7, and one on **April 29. (This date has been changed from the 4/28 date on your calendars! Please make the change!)** Both meets will be held at St. Mary's High School. We are asking parents to please sign up to help on these days in any capacity. It takes a lot of people to host a meet and we can't do it without you! Sign-up sheets will be in the office for your convenience and don't forget you can record any time helping as volunteer hours! We will also be needing help at the district meet which is Friday, May 6. There is a sign-up sheet for that meet as well.

All athletes must attend school all day to practice or participate in a meet. Please inform at least one of the coaches ahead of time if possible if you athletes will not be at practice. Athletes must maintain a C grade or better in all of their classes to be involved in athletics. If an athlete falls below a C they will be put on probation for that class for a week. If the athlete fails to bring the grade up 1 week they will be put on suspension. During suspension athletes may not participate in practice or athletic competition.

We would like all athletes to remain at the track meets until the end. We want our team to support each other throughout the whole meet. **If athletes are leaving with parents after track meets they must be signed out with the coach by a parent or adult who is on their emergency contact list on file in the office.** Please see coaches if other arrangements need to be made.

One of our parents asked for an order of events for the meets. It is usually pretty consistent, but changes are made at times depending on the hosting school.

3000 Meter Run
Sprint Medley Relay
100 Meter Hurdles
1500 Meter Run
100 Meter Dash
400 Meter Dash
200 Meter Run
800 Meter Dash
4 X 100 Relay

We are looking forward to a great season!

Mrs. Young