



St. Mary Track

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Parent Meeting St. Mary Undercroft Parking Lot March 29-6:30 PM

Dear Parents,

It's time for St. Mary's second track season. For those of you who are new to this sport, let me try to explain what Track is all about. Track offers a wide variety of running events from short sprints, to middle distances (.25 and .5 of a mile), to the long distance (1 mile). Besides just individual running events, there are hurdles, four-person relays, long jump, and shot put. There are many opportunities for everyone to participate in track meets. All talent levels are welcomed and encouraged in this sport.

The season is short, running from April through May. The St. Mary Track program will be open to all fifth, sixth, seventh, and eighth grade students. We want to make middle school parents aware that Bishop Brossart also has a middle school team. Your child is welcome to run for Brossart's middle school team. Those athletes should contact Brossart High School at 635-2108. We do not wish to take away from what Brossart has to offer. However, if your child wants to run and is not interested in running for the high school team, we would love to have you on our team.

The St. Mary team will participate in six events this season. I will have schedules at the preliminary meeting. All but one of the meets are during the week, and I will need to know 10 days before the meet if your child can or cannot attend. If I do not hear from you, I will assume they are not attending the meet.

We invite all parents and athletes who are interested in participating to attend a preliminary meeting on Monday, March 29 at 6:30 p.m. in undercroft parking lot. We will begin with a parent meeting and follow up with our first practice, so both parents and athletes should attend. Our team will have three open practice sessions each week on Monday (at St. Mary), Wednesday (at CCMS Track), and Thursday (at CCMS Track). All running practices will be from 7:00-8:15 pm and field event practices will be start at 6:30. We understand that some athletes may be participating in other sports as well as track. The only criterion for an athlete to run in an organized meet is that, they must attend at least one practice session per week. Athletes do not need any special equipment to run, a good pair of sneakers are fine. There are special shoes out there specifically designed for running but they are not necessary at this level. We will have uniforms for the athletes to wear.

The Boosters feel that this is an opportunity for all St. Mary students to participate in a sport and to promote the health and wellness of each individual child, as well as developing their catholic faith. It is also a wonderful opportunity for the parents to get involved and assist the team. It is a great way to keep in shape and interact with the children of our parish. If you have any questions or concerns, please contact Holly Phelps at 859-630-1130, Chris Jennings at 859-380-0928, or Dave Trentman at 859-635-7835.

Sincerely,

Holly Phelps-Coach
Chris Jennings-Director
Dave Trentman-Director