

Spring 2009

ST GREG'S TRACK & FIELD NOTES

Dear Track Athlete, Parent or Guardian:

Thank you for participating on the St. Greg's 2009 Track and Field Team. We have high expectations as we have won a City Championship the last three years in a row!

CYO Medical Form. Every participant must have this form on file at St Greg's. If your child participated in any sport during this school year, it is already on file. If not, they must obtain the form from the Athletic Director or the coaches, and turn it in to the coaches. Practice or meet participation cannot be permitted without the form.

Orientation. The first practice will be at Brush High School's outdoor track on Monday, March 23rd. Athletes should report at 6:00 PM. Wear running shoes, shorts and warm-ups, as they will be taught stretching/running techniques. Track is an outdoor sport so if it is raining please wear the appropriate clothing. Parents are welcome to attend. The session will end by 7:30 PM.

All Other Practices. A schedule of tentative practices (and meets) is attached to this flyer, after we have been given the track schedule from CYO a permanent schedule will be handed out. Practices will be held at Brush High School and Hawkin Track (off Richmond next to The Park Estates, depending on availability). Practices will always be on Mondays, Wednesdays and later in the year Fridays from 6:00 to 7:30 PM. Please make every attempt to get your student-athlete to practice. Practice builds strength, endurance and knowledge of the sport. Additionally, students are required to practice, to participate in the meets. If there are scheduling conflicts with school events, the play or family activities, please notify a coach.

Calendar and Event Information. We believe in keeping Parents and Athletes informed. Calendars, track meet information, directions to meets, event assignments and changes will always be posted on the schools website (under athletics, track).

Track Meets. Meets are always on Sundays, and begin at Noon (CYO may change this to 12:30, we will let you know). We are tentatively scheduled to begin our season on April 5th, at a track to be determined. Track is an all-weather sport. Please dress your athlete accordingly as meets and practices are always outside.

We look forward to working with these Student-Athletes. Please feel free to call us if further clarification is required.

Sincerely,

FRANK KING
216.382.9131

RICK KING
216.381.2007