

St. Margaret Mary
2019 Track & Field parent's guide
Handout for athletes to the program only

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The goal of the St. Margaret Mary Track & Field Program is to build self-confidence and self esteem in the athletes through participation in the many different events within the track and field program. This program strives to teach the students to set running and field event goals, and work towards beating their own personal records (PR's) whether that would be in the many running events offered, softball throw, long jump, discuss throw, shot put or turbo-javelin. The coaches will help the kids set their goals and keep track of their PR's throughout the season.

We are a faith based organization that is open to St. Margaret Mary, HCC and CCD students. Each practice will begin with a warm up lap and stretching. Ribbons are handed out the week following a track meet. The kids look forward to these weekly awards. At the end of the season there is a 3rd & 4th grade All League Meet and an All League Meet for 4th through 8th graders and ribbons and medals will be awarded. Every student athlete participates in every meet. The coaches are there for your kids and will work hard to make this 2019 St. Margaret Mary Track & Field Season an awesome experience. We are going to have a great season!

Season: The 2019 track & field season will begin on Monday, March 11th, 2019 and end tentatively on Sunday, May 19, 2019. Events include 50m, 100m, 200m, 400m, 800m, 1600m (mile), 4x100m relay, 4x200 relay, 800m Medley Relay (2x100m, 200m, 400m), shot put, discus, long jump, softball throw, turbo-javelin and high jump (exhibition for 7th and 8th only). 400m is once around the track. Teams are made up of 3rd, 4th, 5th, 6th grade students (junior varsity) and 7th and 8th grade students (varsity). Teams are also split into girls and boys teams comprising a total of four divisions: JV girls, JV boys, Varsity girls and Varsity boys. 3rd graders do not participate in field events (running only).

Meets: St. Margaret Mary competes against St. Theresa's (ST), St. Joe's Mechanicsburg (SJ), St. Catherine's (SC), Good Shepherd (GS), St. Patrick's (SP), Seven Sorrow's (SS), Holy Name (HN) and St. Joan of Arc (SJA) within the Catholic league; along with Harrisburg Christian and Camp Hill as our schedule permits. The meets usually last 2 to 3 hours depending on how many teams are participating. Meets are held at different tracks (Trinity, Mechanicsburg, Middletown, McDevitt, St. Pats Carlisle and Camp Hill). Please stay off the equipment at meets – pole vault, high jump mats, soccer nets, etc. It is a privilege to be allowed to use the fields. An all league meet for the 3rd & 4th graders is set for a weekday evening in May, 2019. The all league meet for the 4th through 8th graders is tentatively set for Sunday, May 19, 2019. This meet will last approximately 5 hours. It is imperative that the Track Coordinator be notified if you know that your child will not be able to attend a meet, no later than Thursday of a meet week. The coaches usually prepare the meet rosters several days in advance of a meet. The unplanned

absence of a single student can affect the entire meet roster, and the participation of other team members (relays).

Uniforms: Uniforms are required for all track meets. Each athlete must wear their STMM Track t-shirt along with the gym shorts (color to be determined). Each student will participate in 2 to 3 events each meet. They will be participating in either 2 running events and 1 field event, or 2 field events and 1 running event. Everyone will be entered in at least two events per meet. Exhibition running events are open to any student, and do not count against the 3 event total.

Parent Participation Meets: Please be willing to do your part in helping with timing, measuring, recording, etc.

Equipment: Track spikes may **not** be worn during meets or practices. If a shoe accepts spikes, it is not permitted. Well cushioned, flexible sneakers should be worn. Low-cuts are better than high tops. Jewelry of any kind is not permitted at practice or meets. No watches, earrings, bracelets, chains, necklaces and rings.

Registration: Fees are as follows: First Child - \$50.00, Additional Children - \$25.00 per child. 3rd – 8th grade boy's & girl's only.

* 3rd graders – no field events / All Track Events.

** Practice will begin the week of March 11th – M,W,TH at Susquehanna Twp. HS.

*** Use a separate registration form for each child.