



SVDP TRACK & FIELD - 2014

“Whatever you do, work at it with all your heart.” Colossians 3:23

We are calling an audible on last years T&F and going to use the same logo and design for our 2014 season!!!! Our Minnesota weather controls our fate - and we will again do our best to provide a positive experience for your child/children in 2014.

Track and Field encompasses a collection of sports events that involve running, sprinting, throwing and jumping. While this team’s primary purpose is to provide exposure and basic instruction on a variety of elements, we will also be participating in 5-6 competitive meets. This team is open to any 5th - 8th grader.

Practices will be mainly held at St Vincent’s, Totino Grace. While the weather remains inclement, there will be indoor training at SVDP. Parents are responsible for providing transportation to and from practices (if they are not held immediately after school). Practice dates and time will vary but we will do my best to give you as much of a heads up as possible. Track team members are required to be at practice if they intend on participating in meets. We are planning for 4-5 weeks of practice, March 24th through mid May.

Please remind your athlete to dress appropriately for practice. With the snow still on the ground we are limited in our ability to practice at the capacity that we desire. We WILL be outside, and we WILL run, throw & jump. Spring weather can be quite chilly, so it is always good to pack a sweatshirt and sweatpants - layering is a great option! Athletes also need to bring an after school snack (crackers, banana, 1/2 of a sandwich etc) as well as a water bottle. If practice needs to be canceled due to bad weather, an announcement will be made before the end of the school day.



We have many people involved to support the success of your young athlete. Again this year we will have the T&F team from St John’s the Baptist & St Odilia’s to share the TG track with us and we have all of you parents to give of yourselves to help encourage and lift up your child. Once more, this year is certain to be a success!

Meets: Because of the delay in starting our season and the extension of our winter season, at this time we have 3-4 dates for triangular meets at **TG** with other parochial schools. Again, we are hoping to host a “taste of track” 3-6th grade only meet - coached by our 7th and 8th graders at **Totino Grace** (was previously held at Providence). We also will be participating in the large **CAA meet at St Thomas Academy in Mendota Heights (date TBD)**. For those that were present last year, you know how exciting and competitive this day is. CAA has not solidified the date for the meet yet, but will be either the first or second weekend in May. This will be a HUGE meet for us and I look forward to sharing it with the athletes.

Team Success: Track and field is a rewarding sport that involves many events. In order to provide the most to each individual as well as to support the team success, it is imperative that coaching staff is supported by the parents by volunteering. We are asking that ALL parents take **1-2 dates** to help our track program succeed


Guidelines: In order to provide an environment that supports each individual as well as the goals set by the team, we have a list of guidelines to support each athlete. Please look over the attachment with your child and sign, and return with all other forms by the first day of practice.

Please review the following:

Athletic Handbook
SVDP Track & Field Diagram with event options
Athlete and Parent Interest Form
SVDP Track & Field Guidelines
SVDP Permission & Liability Waiver
TENTATIVE Practice Schedule
Lettering Standards

I am grateful for the collective support of Susie Griffith & Randy Frels, who both are experienced athletes, runners and passionate about your kids. Together, we are looking forward to a FABULOUS season with your athletes!

Blessings,



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