

St Joan of Arc & St Anthony on the Lake

Parish School

TRACK & FIELD 2017

Mission: Promote Healthy Active Lifestyles and Christian Values with Middle School Aged Youth through Participation in the Sport of Track and Field

WHO?

- 5-8th Grade Students and Christian Formation Students of St Joan of Arc, St Anthony on the Lake Parish, St Catherine and Other Select Parishes and Their Schools

WHEN?

- **Parent Information Meeting 6-7PM Tuesday March 7th at SJOA**
- Optional Early Practices on March 20, 23, 27 and 30th
- Regular Practice Starts Monday 4/3/17 at SJOA; Mon & Thur Weekly, Wed Optional
- First Meet is Wednesday April 19th and Last Meet is Wednesday May 24th

WHERE?

- Practices at St Joan of Arc, Arrowhead High School and Other Nearby Locales TDB (i.e., Pewaukee HS, Naga Waukee Park, Nashotah Park)
- Meets are in Hartland, Waukesha, Muskego and Brookfield

WHY?

- Participation, Running Form Improvement and Skills Development
- 4XF – Fun X Fitness X Faith X Friends
- Healthy Active Lifestyle - Positive Encouragement - Achievement

HOW?

- **If Interested Call, Text or E-Mail Patrick Straka (see contact below)**
- Forms Prior to Start of Season (see Parish School office)
 - Each Parish Has its Unique Set of Forms to Turn into Its Parish School
 - NOTE: Physical Examination Form Must Be Provided Prior to Participation (Physicals are Required Every 2 Years and Form Must be Signed by Doctor)

COST?

- \$20 Team T-Shirt (Green Team Shirt, can use prior year or siblings shirts as well)
- Fees as Applicable for Each Parish School (SJOA is paid by the Athletic Department)

PREREQUISITES?

- A Smile and a Willingness to Learn, Work and Play

MORE INFORMATION TO FOLLOW

AT PARENT MEETING

(Patrick Straka: call or text 262-825-7799 or email geps.straka@juno.com)