

St Joan of Arc & St Anthony on the Lake

Parish Schools

TRACK & FIELD 2024

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WHO?

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

WHEN?

- Season Starts Monday March 25, 2024
- Regular Practices Tentatively Flannigan 5:30-7:00 PM Mon Mon & Wed 3/25-5/20/24
- Team Meets Planned include 4 to 5 Catholic Schools meets, 5 All-Concs Meets at Anowhead and 1 Anowhead Grade School Meet – all are in April and May

WHERE?

- Practices at SAOIL and Anowhead High School
- Meets are at Catholic Memorial, Anowhead HS, Muskegon HS and Carroll College

WHY?

- Participation, Running Form, Fitness Improvement and Field Skills Development
- 4F = Fun x Fitness x Faith x Friends
- Healthy Active Lifestyle + Positive Encouragement + Achievement

HOW?

- If Interested Call, Text or E-Mail Patrick Straka for SJOA / For SAOTL let Your Parish School Know of Interest
- Forms are Same as Basketball and Due Prior to Start of Season (see Parish School office)
 - Each Parish Has its Unique Set of Forms to Turn into its Parish School
 - NOIE 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 F-Shirt (prior year shirts can be used too from friends and siblings)
- Fees as Applicable for Each Parish School

PREREQUISITES?

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

MORE INFORMATION TO FOLLOW

(Patrick Straka: call or text 262-825-7799 or email pjstraka@gmail.com)