

# **St. Mary Menomonee Falls TRACK AND FIELD PROGRAM OVERVIEW**

## **WELCOME**

Welcome to the St. Mary Menomonee Falls Track and Field Program. Athletes will have the opportunity to compete in multiple indoor and outdoor meets. Your cooperation and assistance during this short but intense season will be greatly appreciated.

## **PHILOSOPHY**

St. Mary athletes practice and compete in all eligible events over the course of their track experience. In early years (5th and 6th grade), coaches strive to have each athlete compete in each event at least once. This means that occasionally athletes will be participating in events that they may not think that they like. However, we find that it provides athletes with a better understanding of all possible events and often results in athletes finding that they enjoy events that they were not expecting they would. In later years (7th and 8th grade), athletes who have already had a well-rounded track and field experience may concentrate in events that they enjoy or in which they have found success.

St. Mary coaches stress the team concept of track and field. Athletes are encouraged to cheer on their teammates throughout meets when they are not competing. Coaches will discuss personal goalsetting and will teach the concept of striving to meet and surpass those goals. The results from each meet will be emailed out to parents as soon as the results are available. It is encouraged that parents review and discuss these results with their children. As the season progresses and our athletes conditioning improves – their times inevitably get better and better. This is a great opportunity to demonstrate that hard work can lead to measurable improvements.

As with all sports, coaches, athletes and parents must follow the policies set forth in the St. Mary Athletic Handbook. The St Mary Christian Formation athletes will need to abide by the same policies that guide the CF Program here at St Mary Parish for all athletic programs.

**NOTE:** St James and Good Shepherd Christian Formation athletes should contact their respective Parish CF Director to learn of and follow the Athletic guidelines of their CF Program.

## **PRACTICE**

Practices will be held twice per week throughout the track season. Practice is rarely cancelled due to weather. In the event that canceling practice becomes necessary because of severe weather, an email will be sent to all Track Families by 4:00pm of the day of the Practice. We have reserved the St. Mary gym for practice on days when the weather is too poor to practice outside. Parents are always welcome to observe practices.

## **DRESS**

Please have your children dress appropriately for track and field. Parents need to take an active role in ensuring your child is prepared for each practice and meet. In cold weather, it is very important that athletes wear layers -- sweats *and* a windbreaker -- for meets and practices. A windbreaker is very important and athletes should always have one with them. In warmer weather it is important to have lighter long sleeved outfits *and sun block*. It is good practice for each athlete to have a small bag that includes the following essentials: sweats (pants and top), windbreaker or shell, shoes, sun block, sun glasses, identification, water bottle. LABEL EVERYTHING WITH NAME AND SCHOOL!

## **EVENTS**

St. Mary track and field athletes may compete in the following events:

Long Jump	400m Dash
High Jump	800m Run
Softball Throw (5th & 6th Grade Only)	1600m Run
Shot Put (7th & 8th Grade Only)	4 x 100m Relay
Discus (7th & 8th Grade Only)	4 x 200m Relay
100m Dash	4 x 400m Relay
200m Dash	

Athletes typically begin competing in the High Jump and 1600m Run beginning in 6th grade and in the Shot Put and Discus beginning in 7<sup>th</sup> grade. However, there may be meets that younger grade athletes are given the opportunity to compete in these events as well.

## **COMMUNICATIONS**

Throughout the course of the season regular information and announcements will be provided to athletes and parents via e-mail. The email address(es) provided during registration will be used. Please notify the Program Coordinator immediately if you have a change in email address.

## **COACHING STAFF**

We are always looking for additional coaching help and you can reach out to Erin Holloway at [AthleticTrackCoordinator@stmaryparish.net](mailto:AthleticTrackCoordinator@stmaryparish.net) if you are interested.

Bryan Tocco- Head Coach  
Erin Holloway- Track Coordinator  
Dana Billelo  
Derek Clayton  
Tom Hunstiger  
Todd Markgraf  
Tony Morgan  
Jennifer Tieman

## **END OF SEASON CELEBRATION**

We will end our season with a final track Awards Night. During this time, we will distribute individual ribbons, present awards for record-breaking performances over the season, and celebrate the camaraderie that is track and field. Parents and families are encouraged to attend this event.

## **MEET AVAILABILITY**

Organizing a team for a track meet is a huge undertaking. Unlike basketball and volleyball, we can't just "play the people that show up". Meet rosters must be developed which follow strict limitations on the number and type of events per school, per grade and per gender. We work hard to schedule St. Mary athletes in the maximum number of events per meet. The rosters must then be submitted to the meet organizers *typically at least 10 days before the meet* so that they can develop competitive heats and lane assignments. To do all of this, we need your cooperation and assistance now regarding your child's availability during the track season. To do this, we have created an online availability worksheet. A link will be sent by email along with instructions. Please complete this by the due date to the best of your knowledge. Updates can be made up to 14 days prior to a meet.

Please check your schedule and let us know when your athlete is available to participate in track meets. We will make every effort to enter your athlete into events consistent with your schedule. We view the information from you as a commitment, and expect that you honor it. If your schedule changes, please let the coaches know immediately.

## **VOLUNTEERS FOR MEETS**

There are opportunities for parents to help during a Meet too. Each school participating in a Track Meet must contribute 3 or 4 parents who are willing to volunteer in one of the events at the Meet, usually for a 3 to 4 hour block of time. Typical duties include measuring at the Long Jump pit, stop-watching at the finish line or staging at one of the field events. As the season gets closer a sign-up site will be created so we can identify as early as possible, which parents can volunteer at which Meet. The experience is fun and gives great appreciation to the efforts that the hosting school goes to, to ensure a well run event.