

Track 2011 Parent Meeting Information

Head Track Coach: Kathleen Brandt

Contact Info: 819-3572 cell, 437-4022 home, kathbrandt@sbcglobal.net

Assistant Coaches – Paul Spicer and Marie Sumnicht

MASTERS Track - St. Matthews, St. Thomas More, Resurrection, Wisconsin Int'l School

Track Events:

- Running events (in competition order): 100 m. hurdles, 100 m. run, 1600 m. run (1 mile), 800 m. relay, 400 m. run, 400 m. relay, 800 m. run, 200 m. run, 1600 m. relay
- Field events: Shotput, discus, long jump, high jump

Competition Rules:

Each Athlete is allowed to participate in only 4 events – 3 field and 1 track, or 3 track and 1 field Heats will be run in reverse order this year – older grades to younger grades (i.e. 8th grade will be in the first heat)

Team Rules:

1. Practice begins at 3:30 and ends at 5:00 at Resurrection.
2. Please come prepared to run in all types of weather – we will run outside.
3. Track practice is not cancelled due to inclement weather (unless school is cancelled). We have access to the Resurrection gym to train and we may still run outside.
4. Cancellation of meets due to inclement weather does happen. Each school will be notified of the cancellation and an email will be sent out to the Team distribution list.
5. Everybody thinks they are a sprinter. Even sprinters need to train. There are more opportunities for ribbons in distance (400+ and field events).
6. Respect and kindness are expected – from athlete to coach and from coach to athlete. Disruptive behavior will not be tolerated.
7. Please plan to pick up your child on time.
8. Please contact the coach if your child is unable to make it to a meet due to scheduling conflicts or sickness. I prefer advance notice via e-mail and day of notice via cell. I will not answer my cell phone once a meet starts.
9. Athletes are expected to show up to meets on time and in his/her red MASTERS track shirt – this year's or last year's style.
10. We do participate in some meets that are "Limited Entries". In these meets we are only allowed to enter 2 boys and 2 girls for each event. Entries are made by the head coach and based on performance times and attitude.
11. Relay teams are created by the coach based on attitude and times. These teams will change every meet and multiple teams will be entered for events when allowed.
12. Every athlete should choose to compete in at least 2 open events. Open events are non-relay events.
13. Parents will be required to volunteer at one meet this season. Once the team roster is completed a list will be sent out with that commitment date and time. If you are unable to fulfill your volunteer commitment on the date assigned, please trade or find a replacement.

14. Parents, families, siblings and friends of athletes are not supposed to be on the field during the meet unless volunteering.
15. Running along side of a competing athlete will disqualify them.
16. A runner is allowed 1 false start – the second will result in disqualification.
17. All non-participating athletes are expected to get “down on the infield” at race starts. Quiet is expected from all non-participants and spectators at starts.
18. In the spirit of team, all athletes are asked to remain at meets cheering on their teammates until the meet is complete. (You wouldn’t leave a basketball game after the 1st period because you were done playing.) If an athlete must leave a meet early, the coach must be told in advance.
19. The coach will collect the ribbons for all athletes throughout the season and the ribbons will be distributed at the end of season party.

**All of this information plus meet results, etc... will be posted on the St. Matthew’s website.
Click on the school link, athletics link, and then Track.**

www.stmattsgb.org