

Track & Field Registration - 2011

Registration Due by: March 1st



St Dominic School
5th, 6th, 7th & 8th Grade
Girls and Boys



1st Practice
Wed., Mar. 16th

Track & Field

Sign-up for Spring - 2011 Track & Field Season

- Open participation for all St Dominic girls & boys going into 5th, 6th, 7th & 8th grade.
- \$25 Registration Fee - due March 1st – NO TRYOUTS - Everyone participates!
- Short Season allow participation in other spring sports!
- St Dominic & St Scholastica Schools join together-compete as one team
- Events (separate events for girls & boys-some co-eds):

- Running Races: Sprints – Relays - Hurdles

- Field Events:

- Shotput

- Javelin

- Discus

- Triple Jump

- High Jump

- Compete in your own grade level!

- Track Meet Dates 2011 (Host Schools TBA):

- Saturdays - April 16th, April 30th, May 7th, 14th & 21st.

- Morning-5th-6th grade – early afternoon-7th-8th grade.

- Individual and Team Awards given at each race.

- Team Practices: (held at Humphrey Middle School Track in Bolingbrook.) 1st practice March 16th

- 1st weeks practice Wed. & Thurs., March 16, 17th – 5:00–6:30 pm- signed registration mandatory

- Remaining weeks practices - Mon., Tues. & Thursdays – (5:00-6:30 pm-weeks 1&2), 5:00-7:00pm till end of season. (Wednesdays – High Jump Practice @ St. Scholastica gym 5:00-6:30pm)

- Parent Meeting - Mandatory – To Be Announced

- Send in Registration Form to School Attn: Track and Field Coordinator

- Assistant Coaches & Volunteers needed and welcome

More Information? • Contact

Ron Dzik – Track & Field Coordinator

Phone: 630-739-1009

E-mail: ron@stdominicathletics.org

Sign-up Now!



Don't miss out on the fun!