



Waukesha Catholic 2023 Track Information

TRACK INFORMATION (5th-8th Grade Boys & Girls)

Track is a great opportunity for students of any ability to participate and be part of a team. Outside of the relays, athletes compete individually against students of the same grade/gender to try to earn points that are added to a team score. Meets usually offer a variety of events (sprints, distance, jumping, and throwing events), so there's something for everyone!

Practices will start on Monday March 27th and will *tentatively* be held on Mondays & Thursdays from 5:30-7:30 pm at Waukesha South High School on their track (next to the football field between Pick N Save & the high school on Tenny Ave). The season will conclude with a track party on May 23rd, 24th, or 25th.

Tentative Meet Schedule (subject to change):

Saturday April 1st Waukesha Catholic Indoor Meet @ Waukesha South High School (tentative)

Saturday April 22nd St. Leonard Relays @ Muskego High School

Saturday April 29th St. Alphonsus Invite @ Greendale Martin Luther HS (tentative location)

Saturday May 13th Holy Apostles Invite @ Catholic Memorial HS

Saturday May 20th Greater Waukesha Track Championships @ Catholic Memorial HS

Kids with conflicts on some practices or who will miss part of a meet day or an entire meet can still participate in track! Families will work with their coaches on availability to allow kids to run events only at certain times or on certain days. If you have questions, please contact Bill Serb, Athletic Director (athleticdirector@waukeshacatholic.org) or Keri Spencer or Brian Adamson, Co-Track Coordinators (keri4@spencerconsulting.net or brian.adamson@icap-dev.com).

A Mandatory parent Zoom meeting for track families will be held in the evening on **March 21st** at 7 pm. More detailed information and the Zoom link will be passed along to families and you'll have the opportunity to ask questions.

Waukesha Catholic will be hosting the indoor meet at Waukesha South *tentatively* set for **Saturday April 1st**. We will be in need of volunteers to help run the meet, including admissions and crowd control (keeping kids off the track while races are running), as well as timers for some events. Those are short shifts but necessary to hold the meet.

To sign up: Look for the email this week with all forms attached. You can also request hard copies of each form be sent home with your child by emailing the Athletic Director (email address below). Return all necessary paperwork (in English or Spanish), along with the \$50 participation fee*, to Bill Serb, Athletic Director, at the St. Mary's Campus Office. If you previously participated in a sport this school year, only the sign-up form/consent and fee should be returned.

Required paperwork:

- Sign-up form/consent to participate
- Athletic Physical (if expired)—signed by a physician
- Medical information sheet (signed by a parent/guardian)
- Concussion Awareness form
- Sudden Cardiac Arrest forms (parent & student forms)
- Parent Sportsmanship Pledge
- Student Sportsmanship Pledge
- Parent Volunteer Contract

*No child will be denied participation due to inability to pay. Families unable to pay the fee should discuss their situation with the Athletic Director (Bill Serb: athleticdirector@waukeshacatholic.org)

TRACK COACHES NEEDED

We are in need of coaches, especially for our 5th grade boys (head & assistant), 6th grade boys (assistant), 6th grade girls (assistant), 7th grade girls (head coach), and 8th grade girls (head coach) teams. Coaches must be Safeguarding certified and can work with the track coordinator to learn the sport and how to run practices & enter athletes in meets. All of our teams practice at the same location/time and run in the same meets, so there is support for any new coaches readily at-hand. Please reach out to Bill Serb, Athletic Director (athleticdirector@waukeshacatholic.org) or Keri Spencer or Brian Adamson, Co-Track Coordinators (keri4@spencerconsulting.net or brian.adamson@icap-dev.com).