

**WAUKESHA CATHOLIC
2019 TRACK AND
FIELD OVERVIEW**



WELCOME

Welcome to the 2019 edition of the Waukesha Catholic Track and Field Program. This season again promises to be very active and exciting year. Athletes will have the opportunity to compete in three two-day invitational meets, a relay meet and two indoor meets. Your cooperation and assistance during this busy season will be greatly appreciated!

PHILOSOPHY

Waukesha Catholic 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 is not always possible given the limitations of entries at meets.) 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 thought they would not. 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.

Waukesha Catholic coaches stress the team concept of track and field. Athletes are encouraged to cheer on their teammates throughout meets when they are not competing.

As senior members of the track and field program, 8th graders are asked to take on a special role as models of hard work, attentiveness, cooperation and leadership.

As with all sports, coaches, athletes and parents must follow the policies set forth in the Waukesha Catholic Athletic Handbook.

PRACTICE

Practices will be held each Tuesday and Thursday from 5:30 p.m. to 7:00 p.m. (sometimes 7:30 for older grades.) and will be held at Carroll University's track, which is located near the corner of College and Grand Ave in Waukesha. Individual teams may update their practice time and will communicate any changes thru their respective coaches. Depending on the day, each team typically practice both running events and field events. Depending upon availability, athletes may also have event-specific practice prior to or after normal practice times. Parents are always welcome to observe practices.

Practice is very rarely cancelled due to weather. In the event that canceling practice becomes necessary because of severe weather, the track coordinator or Athletic Director will inform the school of that decision by 3:00 p.m. so an announcement can be made. Occasionally practice is shortened. If weather is a question, please look for signs posted or check with our coach when you drop off your athletes. Please consult the Waukesha Catholic website or contact your coach in the event of a practice cancellation.

DRESS

Please have your children dress appropriately. Parents need to take an active role in this. Literally every year kids show up at the first practice in shorts and t-shirts without any sweats when the temperature is in the 40's. Because of the time of year weather during track practice and meets can be very cold or very hot (and always seems to be one or the other). In cold weather it is very important that athletes wear layers – sweats, gloves *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 sleeve outfits *and sun block*. A number of the meets are several hours long. That represents many hours out in the sun. Also, regardless of the weather, please ensure that school guidelines regarding inappropriate logos, coverage (no mid riffs, tight shorts etc.) are followed. **It is good practice for each athlete to have a small bag that includes the following essentials: sweats (pants and top), windbreaker or shell, gloves, shoes, sun block, sun glasses, identification, waterbottle, snacks.**

2019 SEASON SCHEDULE

Event	Date	Time	Location
First Practice	March 26th (Tue)	5:30PM-7:00PM	Carroll University
Waukesha Catholic Indoor	April 2 (Sat)	8:00AM-4:00PM	Waukesha South High School
St. Joe's Indoor	April 9 (Sat)	8:00AM-4:00PM	Pius High School
St. Leonard's Relays	May 9 th (Wed)	5:00PM-9:00PM	Muskego High School
St. Dom's Invite	May 3 (Fri) May 4 (Sat)	5:00PM-8:00PM 8:00AM-4:00PM	Brookfield East High School
HA Invite	May 10(Fri) May 11 (Sat)	5:00PM-8:00PM 8:00AM-4:00PM	CMH
Possible Dual Meet	TBD	5:30PM-8:00PM	Carroll University
Greater Waukesha	May 17 (Fri) May 18 (Sat)	5:00PM-8:00PM 8:00AM-4:00PM	CMH
Track Party	May 28 (Tue)	TBD	St Mary's

With such a busy track schedule your assistance will definitely be necessary. A Sign-Up Genius link will be sent to each family asking for help with at least the April 6th Waukesha Catholic Indoor Invitational, May 17/18th Greater Waukesha Track Championship. Please plan to lend a hand.

In addition to being formally scheduled to volunteer, parents of athletes should also be willing to volunteer "on the spot." At **every** meet there will be calls for volunteers to act as timers. Your willingness to step up and help out will keep meets on time and assure that the participating athletes have a quality experience. Thanks for your help.

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, grade, gender and individual. We work hard to schedule Waukesha Catholic 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. They also use the rosters to prepare score sheets so that the correct athlete receives the team points (and the individual award ribbon) for their performance. To do all of this, we need your cooperation and assistance regarding your child's availability during the track season. To do this we have provided a track season availability sheet which is part of this overview and which is posted to the website.

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 your child's coach know immediately so that the coach can attempt to accommodate your revised schedule. (This may or may not be possible.) Please make every effort to have your child available for the dual meets and for the entire Greater Waukesha Track Championship. Thanks for your help!

EVENTS

Waukesha Catholic track and field athletes may compete in the following events:

100mDash	200mDash
400mDash	800m Run
1600mRun	4 X 100mRelay
4 X 200mRelay	4 X 400mRelay
LongJump	HighJump
SoftballThrow	ShotPut
Discus	

Some events are limited by grade. Softball throw is limited to 5th and 6th grade only. In 7th grade athletes begin to compete in the shot put in place of the softball throw. The discus also begins in 7th grade. Occasionally younger athletes may compete in these events on the 7th or 8th grade team.

Athletes typically begin competing in the high jump and 1600 meter run beginning in 6th grade. However, there may be meets where 5th graders are given the opportunity to compete in these events as well. In particular the dual meets may include competitions for younger athletes in these events. The 4 X 200 meter relay – an athlete favorite – is also run at our dual meets.

COACHES

We again have a number of devoted coaches for each grade. They look forward to your cooperation and assistance in making this a great season. *Head Coach in **Bold**.

Grade/Event	Coach
Track Coordinator	Keri Spencer
5 th Girls	TBD
6 th Girls	TBD
7 th Girls	Terry Labinski Grace Labinski
8 th Girls	Keri Spencer Andy Traeger
5 th Boys	TBD
6 th Boys	TBD
7 th Boys	TBD
8 th Boys	Joe Lewandowski Betsey Lewandowski Ann Sheehan Jennifer Stoehr
High Jump	Steve Eberhardt/Keri Spencer
Shot Put / Discus	Paul Darling/TBD

We like to have at least two coaches for each grade and gender. Please seriously consider acting as a track coach or assistant this year. It is a busy, but short, season and great fun. We are always looking for coaches, especially with particular experience in field events.

Throughout the course of the season, coaches will be providing information to athletes and parents through e-mail. Consequently, *it is very important that athletes and parents provide coaches with their e-mail addresses as soon as possible.* We typically do not send paperwork home with athletes. Instead, athletes and parents are asked to consult the track website. Significant information, including meet schedules, athlete participation, meet results and announcements will be regularly posted on the Waukesha Catholic website. Please make a practice of checking it often.

END-OF SEASON CELEBRATION

We will end our season, as in the past, with awards and a party during the last “practice.” The end of season party will be on Tuesday, May 28th. During this time we will collect uniforms, distribute the individual ribbons won at the Greater Waukesha Track Championship, present awards for record-breaking performances over the season and enjoy sandwiches, sodas and sweets. Parents are encouraged to attend this celebration.

**2019 TRACK SEASON AVAILABILITY SHEET
PARENTS' COPY**

Keep a copy of the information that you have provided for your child's meet availability.

Athletes Name: _____ Grade: 5 6 7 8 Gender: B G

Coach's Name: _____ Coach's Phone: _____

Waukesha Catholic Indoor Track Meet at Waukesha South High School

Saturday, April 6th from 8:00 A.M. to about 4:00 P.M.

List time(s) when available: _____ or All day or Not at all

St. Joe's Indoor at Pius XI High School

Girls will run in Morning Boys will run at Noon (Details to follow)

Saturday, April 13th from 8:00 A.M. to about 4:00 P.M.

List time(s) when available: _____ or All day or Not at all

St. Dominic Invitational at Brookfield East High School

Friday, May 3rd from 5:00 P.M. to about 8:00 P.M.

List time(s) when available: _____ or All day or Not at all

Saturday, May 4th from 9:00 A.M. to about 4:00 P.M.

List time(s) when available: _____ or All day or Not at all

St. Leonard's Relay Meet at Muskego High School

Wenesday, May 8th from 5:00-Finish. Running Events Only

List time(s) when available: _____ or All day or Not at all

Holy Apostles Invitational Track Meet at Catholic Memorial High School

Friday, May 10th from 5:00 P.M. to about 8:00 P.M.

List time(s) when available: _____ or All day or Not at all

Saturday, May 11th from 9:00 A.M. to about 4:00 P.M.

List time(s) when available: _____ or All day or Not at all

Greater Waukesha Track Championship at Catholic Memorial High School

Friday, May 17th from 5:00 P.M. to about 8:00 P.M.

List time(s) when available: _____ or All day or Not at all

Saturday, May 18th from 9:00 A.M. to about 4:00 P.M.

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