

St. Katharine Drexel Track Information 2010

Coaches: Greg LeCaptain, Jim Butterbrodt, Larry Lange, Mark Simon, Janice Uhrich

Practices: -Practices will be held every Monday and Wednesday as well as Friday April 9th and Friday April 16th from 5:30 pm until 7:00 pm at the Beaver Dam High School Track. Our 1st practice will be Monday, April 5, 2010. We recommend students dress for the weather and bring their own water bottle as there is no access to water on the track. Practices will be held rain or shine unless it is thundering and lightening.

Equipment: -Athletes are required to provide their own shoes, shorts, (Navy or Black), warm-ups and other appropriate clothing as dictated by weather conditions. Uniform tops and other related equipment will be provided by St. Katharine Drexel. (If your child is going to wear a T- Shirt under their uniform it must be white.)

Events: The following is a list of events commonly found at the meets we compete in. Events will vary from meet to meet.

Field Events

Discus
Shot Put
Long Jump
High Jump

Running Events

100m Low Hurdles
100m Dash
200m Dash
400m Dash
800m Run
1600m Run
400m Relay
800m Relay*
800m Medley Relay (100/100/200/400)*

*For 7 and 8 graders only.

Meets: The 2010 Schedule is as follows:

April 19, 2010 Beaver Dam Middle School (7th & 8th Only @ High School Track)
April 24, 2010 @ St. Johns in Berlin
May 1, 2010 Home SKDS Invitational – Beaver Dam High School
May 8, 2010 @ Markesan All Comers– Markesan High School
May 10, 2010 Beaver Dam Middle School (7th & 8th Only @ High School Track)

-St. Katharine Drexel team members are expected to be at all meets unless prior excuse in writing/person to the coach.

-If a bus is taken to the meet, students are expected to arrive and return on the school's bus, unless permission is given by the parent and the coach is informed.

-Athletes can bring food and refreshments to the meets, however concession stands are available and we encourage our athletes to support the schools.

Behavior: -SKDS Coaches expect our athletes to maintain a high level of sportsmanship and respect for themselves, their coaches as well as their opponents. We are representing our school and families, anything less will not be tolerated in practice, on buses, or at meets.

Miscellaneous: The May 1, 2010 SKDS Invitational Meet at Beaver Dam High School is a big event for us. Many volunteers are required to make it a successful event. We require all parents to assist in the events. You have the opportunity to sign-up for the events and time slots that fit your schedule. If you haven't signed up for a slot, you will be assigned a time slot. If your time slot doesn't fit your schedule, it will be your responsibility to find a replacement.