



St. Mary Athletics



# 2009 Track & Field Program

5<sup>th</sup> – 8<sup>th</sup> Grades, Boys and Girls

**Practices and Season Start in April!**

<b>When</b>	<ul style="list-style-type: none"> <li>▪ 7 week Program</li> <li>▪ Practices start April 6</li> <li>▪ Mondays &amp; Wednesdays</li> <li>▪ 5:30 – 7:00</li> </ul>
<b>Practice Location</b>	<ul style="list-style-type: none"> <li>▪ Menomonee Falls High School</li> <li>▪ Rain location: St. Mary</li> </ul>
<b>Program Fee</b>	<ul style="list-style-type: none"> <li>▪ \$30.00 or \$20.00 if using your shirt from the 2008 Season</li> <li>▪ Fee covers team t-shirt and meet entry fees</li> </ul>
<b>Track Meets</b>	<ul style="list-style-type: none"> <li>▪ Held Friday nights and/or Saturdays</li> <li>▪ 5 to 6 meets per Season</li> <li>▪ Meets held at area indoor and outdoor tracks in the Milwaukee and Waukesha areas</li> </ul>
<b>Running Events</b>	100m, 200m, 400m, 800m, 1600m Relays
<b>Field Events</b>	Softball throw (5 <sup>th</sup> & 6 <sup>th</sup> Grade) Shot put (7 <sup>th</sup> & 8 <sup>th</sup> Grade) Long Jump High Jump
<b>Program Coordinator</b>	Bob Groth <a href="mailto:groth89@wi.rr.com">groth89@wi.rr.com</a> 262-255-1403

**Yes!**

I want to participate in the 2009 Track & Field Program!

Name:
Grade:
Parent/Guardian Name:
Phone Number:
T-shirt size (adult sizes) Circle one:    XL    L    M    S    Use 2008 T-shirt
Email Address:

### Sign Up Today!

1. Complete the bottom half of this form.
2. Enclose a check for \$30.00 or \$20.00 payable to St. Mary Athletics.
3. Send all to Bob Groth, c/o Paige rm 220.

### Parents! Your participation is valuable!

The program needs volunteers to assist with practices. Consider sharing your time!

Call or email Bob Groth