

Our Lady of Mercy Track Team 2010

Parent Information Meeting

Introduction:

The track team is the only OLM school sport that invites students as young as third grade to participate. As such, we may have as many as sixty or more athletes participating. It requires many volunteers to organize this large number of students, in addition to parent participation.

We will practice three times per week (M/W/F), after school from 2:45 – 4:30. After the time change, we will practice once a week at Merced College. See tentative schedule on reverse. Please make sure your child has water or other liquids with them at practice. Please provide sunscreen for their use as needed. Athletes should wear appropriate fitness attire and running (no skate) shoes.

If your child has a medical condition that may affect his/her ability to participate, or is ill, please let us know.

We hope to host our own meet, in addition to attending several other meets. Our most important meet is the Merced County Junior Olympics on April 29, 30, & May 1. Those that qualify may go on to compete in the Valley Championships in mid May.

Events:

We will be competing in the following events:

100M Dash	800M Run	Long Jump
200M Dash	1500M Run	High Jump
400M Dash	1600M Relay	Shot Put
400M Relay	3000M Run	

All athletes will be asked to run at practices, even if they are only competing in field events.

Fees/Uniforms:

The OLM sports fee is \$25 per family for the season. Please make checks payable to OLM School. OLM track uniforms will be distributed before the first meet and must be returned (clean) at the end of the season.

Commitment:

This is a school sport, and we expect the same level of commitment as any other school sport. Athletes must attend practices. All athletes must be available to participate on all three days of Junior Olympics. If a student is unable to compete in any scrimmage or meet, please provide 14 days notice. Track is a unique sport in that athletes must be scheduled into particular events long before a meet, and if they do not attend on the day of a meet, it may prevent other athletes from competing as well. We make every effort to ensure that everybody participates in at least two meets throughout the season. Not everyone will qualify for Junior Olympics; there are a limited number of entries available for each age/event.

We expect our team members to be respectful of coaches, parent volunteers and other athletes at all times. Athletes whose behavior is disruptive to other team members will be asked to leave. We expect each athlete's best effort at all times.

Per the school's student manual, all students participating in after-school sports must maintain a "C" grade in all academic subjects, a "B-" in effort, and a "B-" in conduct. If you are uncertain of your student's eligibility, please check with their teacher(s).

Volunteers:

We need and encourage parents to volunteer in the following areas: coaching (we'll train you), phone tree, meet chaperones/drivers, timekeepers, concession stands, bringing water/snacks to meets. Please sign up to volunteer or see Andrea Scheuerman.

Contacts:

If you have any questions, please contact one of the following:

Coach Gary Gargano (658-5612)
Coordinator Andrea Scheuerman (261-2968)
Email: olmtrack@gmail.com