

Ste. Gen Track

2019

January 4, 2019

To: Potential Ste. Genevieve **Track and Field Parents**

From: Dave Dobkowski

Dear Parents:

We invite your boys and girls (grades 1-8) to join our 2019 Ste. Gen Track & Field team.

- **Program...**We are part of the big St. Peter grade school track program, consisting of four individual grade school teams. Our aggregate program is team-coached by St. Peter, St. Gerard, St. Clement, and Ste. Genevieve coaches, and may include nearly 200 young athletes in two age group sections.
- **Season...**Our regular season is expected to be seven weeks long this year (first practice to CYC prelim) plus another two weeks to the CYC final meet (for qualifiers). Schedule overlaps or conflicts between track and other spring sports can be accommodated if our athletes are developing fitness from their other activities.
- **Schedule...**Practices are typically held at one of the Kirkwood schools or Vianney High School, depending on availability. We practice every Saturday morning and Wednesday evening with our partner schools. Our 2019 practice schedule dates and times are still pending; a track calendar will be available soon. **WE SEND A LOCATION REMINDER EARLY ON EACH WEDNESDAY PRACTICE DAY, OR FRIDAY EVENING FOR SATURDAY PRACTICES.**
- **Practices...**Practices are quite well-organized. We have a large, dedicated, and attentive coaching staff; and parents are welcome to stay and watch, or help us work with our young athletes.
- **Meets...**We compete in at least three track meets:
 - St. Peter Meet (with our partner schools) – April date and location pending
 - CYC Preliminary Meet – Saturday May 4 – St. Dominic High School Track
 - CYC Finals (for qualifiers) – Saturday May 18 – DeSmet High School Track
 - One other small optional meet is currently being discussed among coaches
- **CYC Meet Notes...**Although there are three different Preliminary Meets, **CYC requires our entire team to compete together at the same preliminary meet). Our athletes won't be allowed to individually compete at different preliminary meet.** Qualifiers from all prelims will all compete at the CYC City-County Final Meet.

PLEASE NOTE that all children are welcome to join our track program regardless of whether practice or meet dates conflict with family obligations. However, a child who competes in our CYC Preliminary Meet on May 4 must commit to being available to compete at CYC Finals on May 18 if he or she qualifies to do so (i.e. finishes in the top 6 age group places on May 4).

- **Organization and System...**A NOTE TO NEW PARENTS – St. Peter has a very reliable track organization and system in place. Be confident your children will be well cared for at track practices and meets.
- **Age Groups...**As age groups are in two-year increments, we prepare younger athletes in an age group for the challenges of competing on an older level.

- **Level of Competition...**Our young athletes can enjoy a track program that can be as fun AND/OR competitive as they want it to be. At practices we emphasize form, technique, fitness development, and race strategy over places, finish times, etc. We run in groups and no one is left behind.
- **Correspondence – E-Mail...** As we move forward with a short and busy season that may be weather- or otherwise track-impacted at the last minute, you may sometimes note a lot of e-mail correspondence. We try to keep contact at a practical minimum. However our messages can sometimes be on the urgent side, so on track days please watch for TRACK e-mails.
- **Correspondence – Four Track Directors...** At times I may forward information provided by directors of our partner schools. However, please contact me directly for all track matters.
- **Correspondence – Different Schedules...** This doesn't happen often but sometimes other directors' correspondence may include schedule information specific to their own teams. I will try to highlight any schedule differences. Please contact me directly with any questions about schedules.
- **Identification...**At practices our athletes are generally not distinguishable by school; we don't wear different uniforms until the meets later in the season. But I'll request that for the first few practices, please have our Ste. Gen athletes (particularly our new ones) wear something "Ste. Gen" that identifies them as ours, so we can give them attention. Previous years' uniform or field day shirts are ideal.
- **Volunteer Duty...**Our program is run entirely by volunteers. This includes the St. Peter and CYC meets. Please be generous with your time at meets so all parents will be able to watch their young athletes compete in their events.
- **Volunteer Coordination...**Our volunteer duties typically require an hour or two from each family to help with each meet. No experience is necessary! Prior to each meet we will be asking experienced track parents to help coordinate new volunteers.
- **Schedule Conflicts and Challenges...**Each year our track season schedule is typically impacted by weather conditions as well as spring break vacations, First Communion events, speech competitions, class trips, other sports and activities, and many other time demands and constraints. Please keep me apprised of schedule challenges and we will work around those that are not affected by CYC rules.
- **RELAY TEAMS...**Our small school often faces a particular challenge in the relays, as CYC rules do not allow swapping athletes between age groups to fill out relay teams. FOR SOME AGE GROUPS I WILL BE ASKING (SORT OF BEGGING) TRACK FAMILIES TO HELP RECRUIT FRIENDS FROM SCHOOL AND THE NEIGHBORHOOD TO JOIN THEIR CHILDREN'S RELAY TEAMS. We train our athletes well – and have a history of strong performances in relays – when we have enough athletes to fill out our teams.

Please contact me by e-mail at dobber7@gmail.com any time or phone (966-6183) evenings.

We hope your boys and girls can join our team this year. We request all registrations to be complete by FRIDAY, MARCH 1 if possible so we can order our uniforms in time for the early meets.

Thanks – Dave Dobkowski