

Waukesha Catholic 2010 TRACK AND FIELD OVERVIEW

WELCOME

Welcome to the 2010 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, two dual meets, a relay meet and two indoor meets. Your cooperation and assistance during this short but busy season will be greatly appreciated!

PHILOSOPHY

Waukesha Catholic athletes practice and compete in all eligible events over the course 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.

MEET SCHEDULE

Saturday, April 17 – Waukesha Catholic Indoor Invitational @ Waukesha South High School
Saturday, April 24 – Pius XI 8th Grade Indoor Championship @ Pius XI High School
Saturday, April 24 – St. Matthias UWM Indoor Meet @ University of Wisconsin – Milwaukee
Saturday, May 1 – St. Leonard's Relays @ Muskego High School
Sunday, May 2 – Battle for the Sword in the Stone Dual Meet @ Catholic Memorial High School
Friday, May 7 – St. Dominic Invitational @ Brookfield East High School (Day One)
Saturday, May 8 – St. Dominic Invitational @ Brookfield East High School (Day Two)
Friday, May 14 – Holy Apostles Invitational @ Catholic Memorial High School (Day One)
Saturday, May 15 – Holy Apostles Invitational @ Catholic Memorial High School (Day Two)
Tuesday, May 18 – Run for the Gold Dual Meet @ Catholic Memorial High School
Friday, May 21 – Greater Waukesha Track Championship @ Catholic Memorial (Day One)
Saturday, May 22 – Greater Waukesha Track Championship @ Catholic Memorial (Day Two)

A complete schedule is on the Waukesha Catholic track website.

With such a busy track schedule your assistance will definitely be necessary. Each grade/gender team will have a team parent. You should expect to hear from your team parent shortly to ask for help with at least the April 17th Waukesha Catholic Indoor Invitational, May 2nd, Battle for the Sword in the Stone Dual Meet, May 18th Run for the Gold Dual Meet and May 21st and May 22nd 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.

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.

Grade/Event	Coach and contact information
5G	Mike Hoge (896-2196) mhoge@wi.rr.com Kris Owens (548-9250) kowens7@wi.rr.com
6G	Sandra Ammerman (547-9239) sammerman@wi.rr.com Brian Ammerman (547-9239) sammerman@wi.rr.com Barb Esser 574-0673 essbk@merr.com
7G	Stanley Tom (574-1953) trexpizza@hotmail.com Kevin Kennedy (542-5695) gerette44@tds.net
8G	Jim Fredericks (414-333-7948) jfredericks@borgelt.com Barb Esser 574-0673 essbk@merr.com
5B	Robert Rohwer (521-9466) rohwer@wi.rr.com Joe Piatt (548-9991) jpiatt@carrollu.edu
6B	John Grau (896-1899) graulaw@cs.com Lise Zwisler (366-6079) b2gmke@wi.rr.com
7B	Tom Jackson (544-1573) ttb@sbcglobal.net Eric Lehmann (524-0321) elehmann@sbcglobal.net
8B	Bruce Orgas (968-5330) rorgas@wi.rr.com
High Jump	John Mathie (262-338-1209) ajmath@charter.net
Shot Put / Discus	Joe Piatt (548-9991) jpiatt@carrollu.edu
Graduate Assistants	
Program Coordinator	Jim Mathie: (521-1567) jmathie@sbcglobal.net

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.

PRACTICE

Practices will be held every Tuesday and Thursday from 5:30 p.m. to 7:30 p.m. throughout the track season. Each practice will start in the St. Mary's gym with team-building exercises and technical instruction regarding various aspects of track and field. At 6:00 p.m. practice moves to the Catholic Memorial High School track or to the St. Mary's playground and neighborhood if the track is unavailable. Each team then concentrates on two different types of events during consecutive 45 minute periods. Typically, there is practice in both a running event and a field event on any given day. Depending upon availability, athletes may also have event-specific practice prior to a meet. A complete practice schedule is available to view at the Waukesha Catholic track website.

There are a few exceptions to the typical practice schedule:

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| Tuesday, May 18 | Run for the Gold dual meet with St. John Vianney at Catholic Memorial High School will replace practice from 5:00 p.m. to 8:00 p.m. |
| Thursday, May 27 | Track & Field Appreciation Party. |

Practice is very rarely cancelled due to weather. In the event that canceling practice becomes necessary because of severe weather, the track coordinator will inform the school of that decision by 3:00 p.m. so an announcement can be made. If it becomes necessary to cancel a Tuesday practice, we may attempt to practice on Wednesday evening. Please consult the Waukesha Catholic website in the event of a practice cancellation. If a Thursday practice has to be cancelled we *will not* make that practice up on Friday. Parents are always welcome to observe practices.

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 *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, shoes, sun block, sun glasses, identification, water bottle.**

EVENTS

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

- Long Jump
- High Jump
- Softball Throw
- Shot Put
- Discus
- 100m Dash
- 200m Dash
- 400m Dash
- 800m Run
- 1600m Run
- 4 X 100m Relay
- 4 X 200m Relay
- 4 X 400m Relay

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, a new event to Waukesha Catholic last year, begins in 7th grade as well. 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, dual meets (Battle for the Sword in the Stone, Run for the Gold) may include competitions for younger athletes in these events. The 4 X 200 meter relay is also run at our dual meets.

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 Thursday, May 27, 2010. 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

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.

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 entire dual meets on May 2nd and May 18th and for the entire Greater Waukesha Track Championship on May 21st and 22nd. Thanks for your help!

**2010 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 17th from 8:00 a.m. to about 4:00 p.m.

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

Pius XI 8th Grade Indoor Championship at Pius XI High School (8th Grade only)

Saturday, April 24th from 1:00 p.m. to about 6:00 p.m.

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

St. Matthias UWM Indoor Meet at University of Wisconsin – Milwaukee

Saturday, April 24th from 9:00 a.m. to about 5:00 p.m.

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

St. Leonard's Relay Meet at Muskego High School

Saturday, May 1st from 8:00 a.m. to about 4:00 p.m.

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

Battle for the Sword in the Stone dual meet vs. Holy Apostles at Catholic Memorial High School

Sunday, May 2nd from 1:00 p.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 7th from 5:00 p.m. to about 8:00 p.m. and

Saturday, May 8th from 9:00 a.m. to about 4:00 p.m.

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

Holy Apostles Invitational Track Meet at Catholic Memorial High School

Friday, May 14th from 5:00 p.m. to about 8:00 p.m. and

Saturday, May 15th from 9:00 a.m. to about 4:00 p.m.

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

Run for the Gold dual meet vs. St. John Vianney at Catholic Memorial High School

Tuesday, May 18th from 5:00 p.m. to about 8:00 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 21st from 5:00 p.m. to about 8:00 p.m. and

Saturday, May 22nd from 10:00 a.m. to about 4:00 p.m.

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

**2010 TRACK SEASON AVAILABILITY SHEET
COACH'S COPY**

Please complete this form and return it to your child's coach by Tuesday, April 13th.

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

Your E-Mail _____ Your Cell Phone: _____

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