



Queen of All Saints CYO Track & Field 2020



January 2020

Hello Parents,

Please see attached forms to be filled out and return to me with payment at our first practice, or you may drop it at the office in an envelope addressed to my attention, CYO Track and Field.

If you have any questions please feel free to email me at:

MADIE1185@GMAIL.COM

Thank you,

Coach Madie
QAS CYO Track & Field Coordinator

Queen of All Saints CYO Track & Field 2020

Open to all boys and girls from 3rd to 8th grade, who attend Queen of All Saints School, live within the Queen of All Saints Catholic Parish boundaries, or who participated in the Queen of All Saints Faith Formation program in the 2019-2020 school year.

Registration may be left in the school's office or returned at first practice on February 17th.

Registration is \$125.00. Uniforms may be purchased at the QAS Spirit Store (online) for about \$40.00 (keep uniform & reuse.) Order early as it takes approx. 4 weeks for arrival. If you are signing up more than one athlete in your household, cost is \$115.00 per athlete.

Runner needs to bring:

1. Check payable to "Queen of All Saints CYO"
2. Proof of Date of Birth (not needed for QAS students or returning runners).

Practice will start February 17th; the season starts beginning March and runs until May 9th.

If you have any questions please contact me.

Coach Madie
QAS CYO Track & Field Coordinator
madie1185@gmail.com

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Parent Participation Requirements:

Mandatory volunteers at all Saturday track meets. The number of volunteer days will be determined by how many runners we have this season and how many positions that get assigned to our team. Please be aware that you may be asked to volunteer every Saturday.

Parent Information:

- Practice starts: February 17th
- Practice Schedule: Monday & Wednesday
- Practice Time: 4:30 pm - 6:00 pm
- Where: Mt. Diablo HS Track Area (back lot)
- Cost: \$125.00
- Uniforms: Order online at the QAS Spirit Store (<https://www.sportpacks.com/QueenOfAllSaints>)
Click on Athletics tab
- Grades 3rd – 8th grade, boys and girls
- All meets are on Saturdays
- Sectional/Championship Friday & Saturday

Coach Madie

Queen of All Saints Track Coordinator

madie1185@gmail.com

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Track & Field: Q&A

Q. When does track practice starts, days, times & where?

A. Feb. 17th, Monday & Wednesday, 4:30-6pm @ Mt. Diablo High

Q. What is the cost for track & field?

A. \$125 per runner, \$40 per uniform est.

Q. Who can run track & field?

A. Grades 3rd – 8th boys and girls (any grade under please talk to me directly)

Q. Will there be Friday Meets?

A. Only for Sectional and Championship Meets

Q. Is it mandatory to volunteer at Meets?

A. Yes, every meet

Q. What can my child participate in?

A. 2 running, 1 field event or 1 running, 2 field events (determined only by coach)

Q. What are the running & field events?

A. 50m (grades 3rd - 4th only), 100m, 200m, 400m, 800m, 1600m, 4x100, 4x400, Sprint Medley, Softball, Long Jump, High Jump & Shot Put (grades 5th – 8th only)

Q. How long are the meets?

A. All day, Est. 9am – 2:00pm

Q. What should I bring to meets?

A. Healthy Lunch & Snacks, Drinks, Sunscreen, Etc.

Q. Does my child need spikes to run?

A. No. Running shoes highly recommended

Q. What if I want my child to run in spikes?

A. Please discuss this with coach and only recommended for grades 5th and up.

Q. Will my child run in a Relay?

A. Depends on how many athletes per grade & gender: who arrives at the meet on time and who attends practice on that week.

Q. How to qualify for Sectionals & Championship?

A. Must ran min. 3 practice meets, not including Relay meet. Must run qualifying meet and place TOP 4.

Q. How to qualify for Championship?

A. Must place TOP 3 at the Sectional Meet.

Q. Who will be coaching my child?

- A. Parent Coordinator- Bina (10+yr experience)
- A. Coordinator/Head Coach- Madie (10yr experience)
- A. Head Coach- Jennie (6yr experience)
- A. Assistance Coach- Jose (20+yr experience)
- A. Assistance Coach- Isa (3yrs experience)
- A. Assistance Coach/Shot put- Antonio (2yr experience)