

# LAKE CASTLE

## TRACK & FIELD

### Track & Field Overview:

- Track and Field will be offered to 3<sup>rd</sup> – 8<sup>th</sup> graders only.
- Meets will start in February and end in early April with the NIAL Championship.
- Track Events: 55 Meter Dash, 100, 200, 400, 800, 1600 & Relays
- Field Events: Long Jump, High Jump, Shot, Discus, and Javelin

### Meets:

- We typically compete in 4-6 meets per season.
- Meets are typically held at Christ Episcopal, Mandeville High School, Ponchatoula High School, or SLU.
- Meets are typically on Tuesday, Thursday, or Saturday.
- The meet schedule will be finalized in late January.
- Parents are responsible for providing their own transportation to the meets.

### Practices:

- Practices will be held on campus. Practice schedule is TBD.
- Parents must be prompt picking up their children from practice. If parents are not on time, students will be escorted to ASC after practice. **ASC charges will be incurred.**

### Mandatory attire:

- T-shirt, gym/running shorts, and running shoes
- A jersey/singlet will be provided for students to wear to the meets. We'll distribute the jersey/singlet prior to the first meet and collect them at the end of the season. Students should wear black running shorts. Girls are to have proper attire under their jersey.
- Bring water/water bottle/water jug to practices and meets.

**NOTE: No school shoes – students will not be allowed to run if they forget their running shoes**

### Communication:

- All team communication will be done via email.

### Fee:

- There will be a \$50.00 fee to participate in Track and Field. Please make checks payable to Lake Castle Madisonville.

# TRACK & FIELD REGISTRATION FORM

Student's name \_\_\_\_\_ Homeroom \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Current Age: \_\_\_\_\_ Boy or Girl \_\_\_\_\_

Parent's names: \_\_\_\_\_

1<sup>st</sup> contact phone # \_\_\_\_\_ Contact's name \_\_\_\_\_

2nd contact phone # \_\_\_\_\_ Contact's name \_\_\_\_\_

Email address you would like to receive information: \_\_\_\_\_

\*\* Most communication will be done via email.

In an emergency call: \_\_\_\_\_ # \_\_\_\_\_

After practice student will be dismissed to:

(Check one) \_\_\_\_\_ ASC \_\_\_\_\_ parent / guardian

**\$50.00 League Fee:** Check # \_\_\_\_\_ (payable to Lake Castle Madisonville) Cash \_\_\_\_\_

Student's jersey size (circle one):

YS YM YL YXL AS AM AL AXL

**RETURN TO MR. DONAHUE NO EARLIER THAN MID-JANUARY.**