

2010
St. Dunstan Track

It's nearly spring! It's time to get our muscles warm and regain the speed and power that will propell us to victory at the Spirit Festival Championships!

This year we have our new track at Mills High School. For the first time in our history we will have both the luxury and safety of practicing on an all-weather facility. This should make us not only faster but also provides more protection against injuries.

Rumor on the street says that St. Robert's, St. Raymond's, St. Matthew's, OLA, and St. Charles have their best teams in history and are ready to "take the crown". I say let them bring it to us.

We will have our first week of practice on March 8, 10, 12 at St. Dunstan School from 3:30 – 5:00 P.M. This week will be a conditioning week. Our official practice begins March 15. Our practices will again be at Mills High School on Monday, Wednesday and Friday from 5:00 P.M. to 6:30 P.M. This year we have a tough schedule but that will only make us better! Again this year, we are encouraging all St. Dunstan and our CCD students to join our tradition-rich team.

This years goals are the same as last year. First, we will all have fun. Second, you all will get to try any events you wish and, third, we will have another great season.

At the practice I will give out additional information. If you or any of your parents have any questions please call me at 650 692-7543 or email me at lwcap@aol.com.

Sincerely,

Larry Cappel

**2010 St. Dunstan Track
Practice Schedule**

March 8	Monday	St. Dunstan	3:30 – 5:00
March 10	Wednesday	St. Dunstan	3:30 – 5:00
March 12	Friday	St. Dunstan	3:30 – 5:00
March 15	Monday	Mills High School	5:00 – 6:30
March 17	Wednesday	Mills High School	5:00 – 6:30
March 19	Friday	Mills High School	5:00 – 6:30
March 22	Monday	Mills High School	5:00 – 6:30
March 24	Wednesday	Mills High School	5:00 – 6:30
March 26	Friday	Mills High School	5:00 – 6:30
March 29	Monday	Mills High School	5:00 – 6:30
March 31	Wednesday	Mills High School	5:00 – 6:30
April 2	Friday	Good Friday no practice	
April 5	Monday	Mills High School	5:00 – 6:30
April 7	Wednesday	Mills High School	5:00 – 6:30
April 9	Friday	Mills High School	5:00 – 6:30
April 12	Monday	Mills High School	5:00 – 6:30
April 16	Friday	Mills High School	5:00 – 6:30
April 14	Wednesday	Mills High School	5:00 – 6:30
April 19	Monday	Mills High School	5:00 – 6:30
April 21	Wednesday	Mills High School	5:00 – 6:30
April 23	Friday	Mills High School	5:00 – 6:30
April 26	Monday	Mills High School	5:00 – 6:30
April 28	Wednesday	Mills High School	5:00 – 6:30
April 30	Fri	Mills High School	5:00 – 6:30
May 3	Monday	Mills High School	5:00 – 6:30
May 5	Wednesday	Mills High School	5:00 – 6:30
May 7	Fri	Mills High School	5:00 – 6:30
May 10	Monday	Mills High School	5:00 – 6:30
May 12	Wednesday	Mills High School	5:00 – 6:30
May 14	Fri	Mills High School	5:00 – 6:30

2010 Meet Schedule

March 21	Mills High School	Millbrae
March 28	Mills High School	Millbrae
April 11	Mills High School	Millbrae
April 17 (5 th grade only)	Mills High School	Millbrae
April 18	Mills High School	Millbrae
April 25	San Mateo High School	San Mateo
May 2	Divisional Championship San Mateo High School	San Mateo
May 16	Spirit Festival Chabot College	Hayward

Note:

5th grade has meets on:

March 21
March 28
April 11
April 17 (Championship)
April 25

All 5th grade meets are at same place as the 6, 7, 8 meets with the exception of the April 17 meet.