



# ST. DUNSTAN ATHLETICS

## Track and Field Information Sheet

August 24, 2006

---

### TRACK AND FIELD

**Program:** The track and field program is open to boys and girls in grades 5 – 8. All eligible students of St. Dunstan Catholic School and the St. Dunstan Religious Education Program (CCD) are encouraged to participate. The team participates in the Peninsula Parishes/Schools League (PPSL). The league is comprised of Catholic Parishes from South San Francisco to Redwood City. St. Dunstan has fielded teams since 1956. The last five years we have been Spirit Festival Champions. Fifth grade is a training year. They will participate in three or four meets during the season including the fifth grade championship meet that takes place on a Saturday near the end of the season. Sixth, seventh, and eighth grade student-athletes make up our PPSL competing team. Each athlete is encouraged to develop the skills and stamina necessary to participate in a variety of events.

- Running events include 100m, 200m, 400m, 800m, 1600m, and 4x100m and 4x400m relays.
- Field events are High Jump, Long Jump, and Shot Put.

**Time Line:** Sign-ups for track and field take place in February. Permission slips and registration fees are due at sign-ups. The season starts in March as soon as basketball games are complete and finishes in May. The team practices three days each week, usually Monday, Wednesday, and Friday. Practices are held at Mills High School from 4:00pm to 6:00pm. PPSL track meets take place on Sundays at various high school tracks in the area. Sunday meets will start at 12:30pm. Student-athletes will need to arrive by 12:00pm to get their event assignments and properly warm up and stretch. The day begins with fifth graders competing in the running events while the sixth-eighth graders compete in the field events. At approximately 2:30 the running events commence for the sixth-eighth graders and the fifth graders move over to field events. A detailed schedule of events is available on our website. The last two meets of the season are the Divisional and the Spirit Festival. The Spirit Festival is the PPSL championship meet where members of all 17 PPSL schools compete. This meet is held at Chabot College in Hayward (20 min. away on a Sunday morning). The Divisional meets are used to qualify athletes for the Spirit Festival. The season will conclude with an Awards Night where we recognize the efforts and accomplishments of our student-athletes and coaches.

**Coaches and Parental Participation:** Coaches are chosen by the Athletic Board. Upon completion of this most valuable service, coaches are credited 40 service hours. Contact the Track Commissioner or Athletic Director if you are interested in becoming a coach. Parents can earn service hours at track meets and practices as official timers, by raking the sand and measuring jumps at the long jump, scoring and setting the bar at the high jump, or measuring at the shot put. All coaches are required to attend a Positive Coaching Alliance (PCA) Coach Workshop. Parents attend a Positive Coaching Alliance Parent Workshop every three years. Our volunteer coaches deserve our respect and support. Parents can support the coaches by dropping off and picking up their kids on time and by assuring the student-athletes are dressed appropriately and have all their equipment for meets and practices. On meet days, parents can support the student-athletes by cheering and praising their efforts. Remember to leave the coaching to the coaches. As we are reminded in our PCA workshops “**Coaches coach, referees referee, and parents praise.**”

**Uniforms:** Uniforms will be loaned to each student-athlete. Uniforms are for track meets use only. The Uniform Commissioner will schedule uniform distribution and return days. Coordinate in advance with the Uniform Commissioner if unable to make the scheduled date.

**Please refer to the Athletic Program Handbook for more information.**