

ST KEVIN TRACK & FIELD

What is Track & Field?

Track & Field is the #1 most watched Olympic Sport at the Summer Olympic Games. It has over 215 countries worldwide that participate in the sport. It involves different disciplines like the sprints, hurdles, relays, middle distance and distance events, throwing events, and the jumps. Track and Field in High School is the #1 sport for girls based on participation and the #2 sport for boys based on participation in the whole country. Through running, throwing, and jumping we get our bodies in shape, develop mental toughness, and work toward achieving goals. Unlike most sports that require team success, individuals participating in Track & Field have the opportunity to experience both individual and team success.

Success in Track & Field is not just about winning; it is about personal improvement.

Coaches:

- **Coach Michelle Bueno**
- **Coach Danny Aguas**
- **Coach Giovanni Bravo**
- **Contact Email:** StKevinTrack@gmail.com

Practice/Schedule:

Welcome to St Kevin Track and Field! We look forward to sharing an exciting, challenging season with you. 😊

- **Practice Schedule:**
- **Monday & Wednesday: 3-5 PM @ St Kevin**
- **Tuesday & Thursday: 3-4:30 PM @ St Kevin**
- **Saturday: 9-11 AM @ Tropical Park Track**

- **Attendance:** Attendance at practices and meets is mandatory. The following is a list of acceptable absences: Please do your best to schedule doctor appointments on days that we do NOT have practices.
 - Absent from school.
 - Family emergency.
 - Medical/Dental appointment.
 - Please do your best to communicate with your coaches if you know you are going to be gone from a practice or meet.
 - Missing practices on a regular basis will result in suspension from the team indefinitely. If you miss practice the week of any competition at the coaches discretion you may be suspended for that competition.

- **Meets:** You are required to stay until the end of meets unless there are unusual circumstances.
 - You are responsible for waking up and making it on time on competition days.
 - Pack your gear the night before and put it next to the door so you will remember it.
 - Pay attention to the order of events and be ready when your event is called. If you don't report at the required time, you will miss your event and hurt the performance of the team.
 - There is to be no horseplay during the meet. You should spend the time before the meet mentally and physically preparing for your event so that you can perform your best.
 - Those failing to adhere to this rule may be dismissed from the team.

- **General:**

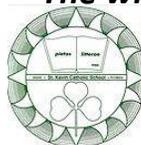
- Missing practices on a consistent basis will result from not being able to compete, it may also result in removal from the team. ***Consistency is vital in reaching athletic potential.***
- Fighting will result in immediate removal from the team and will be reported to the school.
- Listen to directions from your coaches the first time they are given.
- Maintain a positive attitude about yourself, your sport, your team, and your school. A positive attitude is the first building block to being successful at anything.
- Drink plenty of water throughout the day/eat well-balanced meals.
- We ask that you always give 100 percent for yourself and for the team.
- Learn about your sport. The more knowledgeable you have about your event the better athlete you'll be.
- **Remember, your primary reason for attending ST KEVIN is to get an education. Participation in a sport is a privilege of academic success. School must come first. Keep up your grades. You are a student-athlete and must balance both athletics and academics.**

TRACK & FIELD SEASON SCHEDULE:

Sat. Jan 30	ACC Relays – All Divisions	9:00 AM
Sat. Feb 6	No Meet	
Sat Feb 13	Respect Life- Primary (All Events) Field events for JV & Varsity only	9:00 AM 2:00 PM
Sat Feb 20	No Meet	
Sat Feb 27	Respect Life Running Events – JV Varsity	9:00 AM 2:00 PM
Sat Mar 5	1 st Annual All Saints Meet – Primary all events JV and Varsity – Field events only	9:00 AM 2:00 PM
Sat Mar 12	1 st Annual All Saints Meet – Jr Varsity running events Varsity running events	9:00 AM 2:00 PM
Sat Mar 19	ACC Championship – Primary All Events JV and Varsity All events	9:00 AM 2:00 PM

We are preparing to be one of the top teams in the county. With good preparation, consistent practices, discipline & hard work we can all achieve great results.

"The will to win means nothing without the will to prepare" (Juma Ikangaa)



St. Kevin Catholic School

