



North Bay Catholic School League

2010 Track & Field Day

Sunday May 16th at Justin Siena High School in Napa

CSL Track & Field Day is open to all Kindergarten through 8th grade students interested in trying a variety of track or field events and representing St. John the Baptist Catholic School in this ONE DAY event.

- **Each grade needs volunteers to help coach – it is great to have help for boys and girls.**
- **No Track experience is necessary!** Enthusiasm, good humor, and a touch of patience is all it takes. This event is run by volunteers from all schools.
- Volunteers must complete the standard school volunteer clearance process.
- **Practices: Fridays from 3:30-4:30 at St. John’s Lutheran School**
- **Twilight Track Meet Friday, May 7th at 5pm at Justin-Siena**

Parents interested in helping at practices and/or at the meet should fill out this form and return to the school office by **THIS FRIDAY APRIL 16th**.

Questions - Contact Paula Vlaming: paula@focus501.com; or cell phone: 707.363.1046

COACHING VOLUNTEER FORM

Please Print & Return to school office by FRIDAY, APRIL 16TH.

I am interested in helping to coaching my child’s track team or field event(s):

___ I can help at Friday practices. ___ I can help on Track & Field Day, May 16th

___ I can help at a 7pm meet Friday, May 7th

Child’s name: _____ GRADE _____

Child’s name: _____ GRADE _____

Child’s name: _____ GRADE _____

Parent Name (First & Last) _____

HOME PHONE # _____ CELL PHONE _____

EMAIL _____

SCHEDULING/EXPERIENCE/EXPERTISE NOTES: _____

I understand I must meet all clearance requirements and attend the coaches meeting before I can work with the kids. Please sign up for a shirt on Participant Registration Form.

Signature _____ **Date** _____



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2010 Track & Field Day
Sunday May 16th at Justin Siena High School, Napa

The North Bay CSL sponsors this one-day Track & Field event. All 10 member schools are invited to participate with over 800+ CSL students participating.

PRACTICE will be held on Fridays from 3:30-4:30 AT St. John's Lutheran School: 3521 Linda Vista Avenue, Napa 94558

This exciting and fun day is managed by parent volunteers from each school. In addition to volunteer coaches, each school is assigned an event to manage during the meet. For each student participant, at least one parent/adult must volunteer the day of the event (Sunday, May 16) in order for us to meet our volunteer commitment.

Meet Events:

K – 3rd grades will rotate thru:

- Softball toss
- 50M dash
- 100M dash
- 200M- ½ lap (2nd – 8th grades)
- 400M- 1 lap (2nd-8th grades)
- Standing Broad-jump
- 4 x 100 Relay race (1 team of 4 runners, per grade, per gender will be chosen by coaches to represent each school. **No co-ed teams** allowed.)

4th – 8th graders may choose no more than 5 events TOTAL:

- Softball toss (4th – 6th grades)
- Shot-put (7th & 8th grades only)
- Long jump
- 100M dash
- 200M dash
- 400M
- 800M
- 4 x 100 relay (1 team of 4 runners, per grade, per gender will be chosen by coaches to represent each school. **No co-ed teams** allowed)

Participants will decide with their coaches which events they want to participate in and will be given a special sticker for each event on the day of the meet. RELAY TEAMS: Teams are selected by the COACHES. Only 1 team per gender / per grade is allowed. No co-ed or mixed grade teams are allowed.

- K – 3rd grade meet begins at 9am and will last approx. 3 hours
- 4th – 8th grade meet begins at 12:30pm and will last approx 3-4 hours

\$1 Admission will be charged at the gate for all parents, spectators and non-participant children.

- Participation ribbons are awarded for field events
- 1st – 6th Place ribbons are awarded for all running events.



NORTH BAY CATHOLIC SCHOOL LEAGUE
2010 Track & Field Day Event
Sunday, May 16
Justin Siena High School, Napa

STUDENT PARTICIPANT REGISTRATION FORM

Participant Fee: \$ 24 per child

This includes 1 athlete team shirt, 1 adult team shirt and participant fee. If an additional parent volunteer shirt is needed, please include an additional \$9.00.

Please list name(s) of each child participating in family and all adults needing a shirt.

Make checks payable to: St. John the Baptist Catholic School (Note: Track & Field Day)

PLEASE PRINT AND CIRCLE THE CORRECT SHIRT SIZE FOR EACH STUDENT & ADULT VOLUNTEER

First & Last Name _____ Shirt size: YS (4-6) / YM (8-10) / YL (10-12) / AS / AM / AL / AXL	M / F GRADE: ____
First & Last Name _____ Shirt size: YS (4-6) / YM (8-10) / YL (10-12) / AS / AM / AL / AXL	M / F GRADE: ____ or _____ Adult Volunteer
First & Last Name _____ Shirt size: YS (4-6) / YM (8-10) / YL (10-12) / AS / AM / AL / AXL	M / F GRADE: ____ or _____ Adult Volunteer
First & Last Name _____ Shirt size: YS (4-6) / YM (8-10) / YL (10-12) / AS / AM / AL / AXL	M / F GRADE: ____ or _____ Adult Volunteer

PARENTS PLEASE READ, SIGN & FILL IN ALL INFORMATION – THANK YOU!

I, we hereby authorize the volunteer staff of the NB CSL after school athletic program and it's representatives to consent to any emergency medical treatment which may be deemed necessary for my child while under their supervision. I have no knowledge of any physical impairment that would affect the above mentioned participation in any rigorous physical activity. I understand it is my responsibility to notify the school athletic director & coach of any medical condition which may affect my child.

PARENT / GUARDIAN NAME: Please print _____

SIGNATURE _____ **DATE** _____

Parents Address: _____ **CITY** _____

CONTACT INFO:

MOM CELL _____ **DAD CELL** _____ **HOME #** _____

EMAIL _____

OTHER CONTACT: NAME _____ **PHONE** _____