

Track & Field Wrap-up

- Thank you Track Families! Everyone pitched in to make 2010 practices and meets fun for over 50 St. John students. Congratulations to all the runners and jumpers!
- Sports photographer Sean McDonough posted photos from the CSL Meet to: http://www.smcphoto.com/St-Johns/StJohnsNapaTrack/12244043_ytmJS#872615382_FfZo5
The password is Aspen - check out the great action shots!

Local Running Events

- On the reverse are two local 5K/10K runs you can check out online. Also go to Active.com for year-round calendar of running events.

Anticipated Dates for 2011:

- **Twilight Track Meet: Friday, May 6th**
- **CSL Track Meet: Sunday, May 15th**

Interested in helping with the Track & Field Program for 2010-2011?

Enthusiasm is high and ideas are percolating for next year, so please pass along your suggestions. Looking to organize for 2010-2011, the following are areas for parent support:

- **A Parent Coordinator for each grade:** Help spread the word and recruit students at your child's grade level.
- **K-3 Coach:** Coordinate and Coach Grades K-3. (50-200m; Softball Throw and Standing Broad Jump; Relays.)
- **4-6 Coach:** Coordinate and Coach Grades 4-6. (100m; 200m; 400m; 800m; Mile; Softball Throw; Long Jump; Relays.)
- **7-8 Coach:** Coordinate and Coach Grades 7-8. (100m; 200m; 400m; 800m; Mile; Shot Put; Long Jump; Relays.)
- **Field Event Expertise:** Got talent? Help teach field events (standing broad jump, long jump, softball throw and shot put). If coordinated in advance, we can schedule specific practices to focus just on field events.
- **Running Expertise:** Sprints and Distance: Help coach Grades 4-8 in specific events of 100, 200, 400 and/or 800.
- **Registration and T-Shirt Coordinator:** Create database of team participants; order and distribute Track Team Shirts.
- **Volunteer Coordinator:** Coordinate parent volunteers for Twilight and CSL Track Meets.

If you are interested in any of the above, please contact Paula Vlaming: 363-1046; paula@focus501.com. We are considering organizing a running program earlier in the year for grades 4-8. If you are interested, please contact Paula. Thank you!! Keep moving... ☺