

2009 Track & Field Season!

League Website-<http://www.s-p-l.org>

Meet dates: **April 18th, April 25th, May 2nd, May 9th and May 16th**

Possibility of participating in 5/6th "friendly" weekday meet with IC and St. Francis TBA

The expectation is that the athlete is required to make all the SPL meets.

Official Practice begins March 17th

Monday	Girls Yoga 3:45-5:00 in the Parish Center	
Tuesday	START DATE MARCH 17 th : Field Events Practice 4:45-6:00 for 5 TH and 6 th grade boys 6:00-7:15 for Varsity All coaches in attendance to coach one particular event	
Wednesday	Girls Practice at LTHS North High School 5:30-6:30	7 th and 8 th Grade Boys 6:00-7:00 @ SJC
Thursday	5 th and 6 th Grade Boys 3:45-5:00 @ SJC (meet at flagpole)	7 th and 8 th Grade Boys 6:00-7:00 @ LTHS North
Friday	4/17, 4/24, 5/1, 5/8, 5/15 3:45-5:00	
Saturday	Optional Distance Run Starting at Bemis Woods from 8:30-9:30 a.m. Let your coach know if you plan on attending.	

Team members are required to attend at least two practices a week, to be eligible to compete in the weekend meet. Attendance is taken at every practice, so be sure to sign in. No exceptions.

COACHES' ROSTER:

<u>5th Grade Girls</u>	<u>6th Grade Girls</u>	<u>7th Grade Girls</u>	<u>8th Grade Girls</u>
Meg Fredian	Kathy Grady	Margie Connelly	Joan Binder
Jamie Sovcik	Margaret Nicholson	Bob Cooper	Janet Schwartz
<u>5th Grade Boys</u>	<u>6th Grade Boys</u>	<u>7th Grade Boys</u>	<u>8th Grade Boys</u>
Sue Gibbons	Debbie Skowron	Jamie Sovcik	Kim Donovan
Kristie Scriba	Sue Halleran	Anne Sagastume	Bob Musur
		Margaret Nicholson	Cathy Pesch

Meet dates and locations

<u>Date</u>	<u>Host</u>	<u>Location</u>	<u>Address</u>
JV Weekday Meet (TBD)	IC Invite	Elmhurst College	190 S. Prospect Ave. Elmhurst, 60126
Sat., April 18 th	St. Alexander	Westmont	909 N. Oakwood Dr. Westmont, 60559
Sat., April 25 th	Joan of Arc	Benet High School	2200 Maple Ave., Lisle
Sat., May 2nd TIME CHANGE	Immaculate Conception	York High School JV NOON-VAR 4:00	355 W Saint Charles Rd Elmhurst, IL 60126
Sat., May 9 th	St. John of the Cross	Marmion	1000 Butterfield Road, Aurora 60502
Sat., May 16 th	St. Michael	Wheaton College	501 College Avenue, Wheaton

In order to support your teammates, we ask that you stay for the entire portion of the JV or Varsity track meet. If you must leave early, be sure to inform one of the SJC coaches. If possible, let us know you will be leaving early prior to the meet. This will allow us to adjust the roster and insure that we have participants for all events.