

St Joan of Arc & St Anthony on the Lake

Parish Schools

TRACK & FIELD 2022

Mission: Promote Healthy Active Lifestyles and Christian Values with Middle School Aged Youth through Participation in the Sport of Track and Field

WHO?

- 5-8th Grade Students and Christian Formation Students of St Joan of Arc, St Anthony on the Lake , St Catherine and Other Select Parishes and Their Schools

WHEN?

- Season Start Monday April 11, 2022
- Regular Practices 5:30-7:00PM on Mon & Wed between April 11th and May 18th
- Competitive Opportunities TBD – invitational, dual meet and inter-squad meet

WHERE?

- Practices at Arrowhead HS primarily (some backups at SJOA or SAOTL as permitted)
- Meets at Area High Schools (e.g., Catholic Memorial, Brookfield East, Arrowhead)

WHY?

- Participation, Running Form, Fitness Improvement and Field Skills Development
- 4XF = Fun x Fitness x Faith x Friends
- Healthy Active Lifestyle + Positive Encouragement + Achievement

HOW?

- **If Interested Call, Text or E-Mail Patrick Straka for SJOA / For SAOTL let Your Parish School Know of Interest**
- Forms are Same as Basketball and Due Prior to Start of Season (see Parish School office)
 - Each Parish Has its Unique Set of Forms to Turn into Its Parish School
 - NOTE: Physical Examination Form Must Be Provided Prior to Participation (Physicals are Required Every 2 Years and Form Must be Signed by Doctor)

COST?

- \$20 Team T-Shirt (prior year shirts can be used)
- Fees as Applicable for Each Parish School

PREREQUISITES?

- Just a Smile and a Willingness to Learn, Work and Play

OTHER REQUIREMENTS?

- We will follow the archdiocese and parish guidance on COVID19 protocols

MORE INFORMATION TO FOLLOW

(Patrick Straka: call or text 262-825-7799 or email pjstraka@gmail.com)