



St Joseph's Spring 2019 Track & Field

*Come and run a mile or two,
Develop friendships old and new,
Set some goals and see them through,
We'll work hard and have fun too!*



Who can participate?

- All St. Joseph's 2nd to 8th grade parishioners (SJS, CCD, Home school) are invited to join our Track & Field team for training twice weekly from mid-Mar to mid-May as your schedules allow
- 3rd to 8th graders will also be eligible to compete in a May 18th Diocese Track & Field meet

Where and When?

- Sat practices beginning Mar 16th from 4:00-5:30pm at the [Herndon Middle School Track](#)
- Tue practices beginning Mar 19th from 6:15-7:00pm starting at the [Herndon Caboose](#)
 - New training locations may be added later in the season
- Track & Field Meet Sat May 18th (rain date May 19th) at [Bishop O'Connell High School](#)

How much does it cost?

- \$30 for an individual or \$50 max per family covers all practices and meets
- \$10 for a team T-shirt

How do we join?

- An online registration link will be available soon
- Please email sj.xctrack@gmail.com if you would like to be added to our team mailing list
- Or just show up to try a practice before joining

Why should we join?

- Be part of our team! With a combination of individual and relay events, the Track and Cross Country program offers members an opportunity to be part of a community team that encourages each individual to improve in running, jumping and throwing.
- Flexible schedules: Teammates and families are encouraged to join as many practices and meets as family schedules can accommodate; but, there are no minimum time commitments. You are welcome to try out a practice before enrolling.
- Flexible goals: various Track and Field events are offered across several age groups, levels of skill, experience, and motivation. The more each athlete wants to train, the faster he or she will improve his/her abilities. Some athletes join to specifically improve in Track and Field events, others use this as cross training for other sports. Some join only for the practices and others only for the meet.
- Healthy fun: This program provides access to 2 scheduled practices per week from mid-Mar through mid-May and is complementary to other sports programs.

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