

# St. Mary Catholic School

## Spring Sport Information Page

### **Elementary Track**

- Open to students in grades 3<sup>rd</sup>-4<sup>th</sup> and any 5<sup>th</sup> grader not wanting to participate in Junior High level track and field
- Starts mid-February. Ends late April.
- Practice from 3:40pm to 5:30pm Monday - Thursday. Pick up is at the front of the school.
- Athletes will need athletic shoes, water bottle. Track meet shirt can be purchased through spirit store. Link is on the website.
- Parents are responsible for providing transportation to and from the meets. Athletes may not be dropped off. Locations of the meets will be emailed out.
- Meets are on Saturdays and begin at 8am and last till about 10am. Arrival time is no later than 7:40am.
- Athletes will participate in the 100m dash, 200m dash and 4X100m relay. At the end of the last race, athletes will receive a ribbon.
- Students may leave the meet once the coach has made visual contact with their parent at the end of the track.

### **Junior Track and Field**

- Open to students in grades 5<sup>th</sup>-8<sup>th</sup>
- Starts mid-February. Ends late April.
- Practice from 3:40pm to 5:30pm Monday - Thursday. Pick up is at the front of the school.
- Athletes will need athletic shoes, water bottle. Uniforms are provided.
- Parents are responsible for providing transportation to and from the meets. Athletes may not be dropped off. Locations of the meets will be emailed out.
- Meets are on Saturdays. Field events begin at 8am and running events at 10ish.
- Athletes may participate in as many as four events. No more than 3 of these can be running.
- Athletes will sign up for upcoming meets at the Monday practice prior to the event. I am limited to the number of athletes per grade and event that I can sign up (ex. Only three 6th grade girls for 100m). If we run into a situation where there are more athletes than positions available, athletes will have friendly face off at practice.
- By signing up for an event, the athlete and parents are committed to the upcoming meet. If an athlete becomes ill or injured and is unable to participate at a meet, please notify me ASAP so that they can be scratched.



## St. Mary Catholic School Spring Sport Registration Form 2025-2026

***Please use a separate form for each athlete in the family. One registration form per sport.***

Spring Sports: (circle one)

Elementary Track (3<sup>rd</sup>-5<sup>th</sup>)

Junior High Track and Field-(5<sup>th</sup>-8<sup>th</sup>)

Student name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent Cell Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent Cell Phone: \_\_\_\_\_

**THE FOLLOWING ITEMS ARE REQUIRED IN ORDER TO PARTICIPATE ON A SPORTS TEAM AND ATTEND THE FIRST PRACTICE. INCOMPLETE REGISTRATION WILL BE RETURNED. MAKE SURE ALL PAPERWORK IS ENCLOSED IN AN ENVELOPE (ATTN: COACH TOLMAN & STUDENT NAME) BEFORE RETURNING TO THE SCHOOL.**

**KEEP A COPY OF ALL FORMS BEFORE TURNING THEM INTO THE SCHOOL.**

\_\_\_\_\_ This registration form

\_\_\_\_\_ Sports Physical - done once a calendar year

\_\_\_\_\_ Elementary Fee- \$50      JH Fee-\$150      Cash    Check    FACTS

\_\_\_\_\_ Athletic Handbook Acknowledgment Form- turned in once a school year

\_\_\_\_\_ Transportation form- turned in once a school year and if there are changes

**Parent Help-** Family support is essential for a successful athletic program it is because of family support that we can achieve our school mission. Some of the main areas that a coach may need help with, include scoreboard operator, stat keeper, fundraising, concession stands and end of season celebrations. ***We ask that all parents and athletes help with the clean up at the end of each sporting event.***

I grant permission for my son/daughter to participate in the athletic program for the 2024-2025 school year. I understand that my son/daughter CANNOT participate until all these forms have been received.

\_\_\_\_\_  
Parent Name/ Signature

\_\_\_\_\_  
Student Name/Athlete Signature

Email [stolman@stmarylc.org](mailto:stolman@stmarylc.org) for further questions or concerns.