

# St. Bartholomew Bobcats

## Spring Track and Field

### 2018 Season Information

Come join our Spring Track Team! We will be starting with indoor strength and conditioning workouts for our girls and boys in Grades K – 8.

#### Strength and Conditioning Workouts

**Starts 3/12/18.**

**Mondays, Tuesdays, and Wednesdays – 2:00 pm – 3:30 pm**

There is no track meet schedule at this time.

There will be a parent/guardian meeting for more detailed information **Monday, March 19 at 7 pm** in the cafeteria.

- Registration fee is \$85
- Uniform fee is \$40 (for new runners), includes practice shirt fee

It is required that a State-issued Athletic Physical Form be on file for your child. Physical Exams for sports expire after one year. If you ran Cross Country, please complete the attached Health History Update Questionnaire. If your child played another sport, you need to submit a copy of the physical exam and the Health History Update Questionnaire.

Runners are responsible for their own transportation for now (carpooling may be arranged by parents/guardians). We are looking in to bus transportation.

Parent/guardian volunteers are needed to assist at practices and meet.

If your child is interested, please go to [stbartssports.com](http://stbartssports.com) to register.

Please contact Coach Johnny at 732-425-3520 or [jolena26.ja@gmail.com](mailto:jolena26.ja@gmail.com) with questions.