

Welcome to St. Alphonsus CYO Track and Field

We look forward to an exciting season filled with opportunities for your student-athletes to compete, to achieve, to push themselves to their limit, to improve their fitness and confidence, to make friends, to be part of a team, and to have fun along the way. We will need everyone's help to provide a great experience for the kids. In the coming weeks, we will compete in 6 regular season "practice" meets and **we will be looking for you to volunteer to help at a minimum of 2 of those meets. You will receive emails where you can sign up.** Our goal each year is to compete for the Region 11 Championship. We are defending Champions! Regionals is the first of three championship meets with the Area C Championships and the Archdiocese of Philadelphia Championships to follow.

Practices - Tuesdays and Thursdays – 6pm to 7:15pm (sometimes we are done by 7pm, especially in colder weather)

Meets – 6 regular season meets on Saturday Mornings

1st meet at Central Bucks South High School April 2nd, the other 5 at Upper Dublin High School

First race – 9am (Arrive by 8:30am) Ending - 12:30pm (or sooner)

April 26, 2016 CYO Night at Penn Relays, April 29, 2016 Penn Relays Championship Races

We will run the 4 x100 relay at the Penn Relays in 4 categories. This is a highly competitive event. I will choose the runners that give us the most reasonable chance to advance. Speed, handoffs, and availability to practice handoffs will be a few of the criteria (not necessarily just speed).



Region 11 Championships – May 14th at Hatboro Horsham
Area C Championships – May 22nd at Bensalem High School
Archdiocese Championships – June 4th at Franklin Field



We recognize that many of our athletes are multisport athletes and welcome them. If your son or daughter has a **regularly scheduled conflict** please **let me know** in person or by email. We want to allow for as many athletes in the parish to compete as possible, but we will need to understand your level of commitment to our team for planning purposes.

**A few weeks prior to the Region 11 Championships, you will be asked the following:
Can your student-athlete commit to competing in the following?**

Regionals? (Yes or No) Areas? (Yes or No) Archdiocese? (Yes or No)

We will need your accurate answer to these questions at that time. Our goal is to plan a lineup for the Region 11 Championship that gives us the best chance to win as a team and allows for many to move on to Areas and Archdiocese. We need both **QUALITY** and **QUANTITY** on Saturday, May 14th to do so. We plan to run 16 relays at Regionals, so when someone says they are coming and then doesn't show up, many of their teammates are affected including some that won't get to run.

Jim Doyle jdoyle@sjprep.org