

# Track and Field - Spring 2019

## Registration for St. Raphael Track & Field Team

### Now Open and continues until March 10th



It may seem really cold right now, but Spring is coming soon and with that comes Spring sports. Please consider signing up for our St. Raphael Raiders Track and Field program. Registration for Spring 2019 Track & Field is now open and **lasts until March 10th** (*note increased registration fee starting Mar 1<sup>st</sup>*). Please go to the Athletics link under Organizations on the Saint Raphael School website <https://www.saintraphaelparish-school.com/28> and follow the links there for registration information. All parish students from both the day school and PSR (boys and girls) who are in grades 3 - 8 this Spring 2019 are welcome to come and join the St. Raphael Track and Field team, no experience needed.

Track and field really teaches discipline and a work ethic, and stresses weekly improvement. Students can compete in this sport regardless of experience or ability. We also make it really fun and introduce them to all the different events the sport offers – sprints, distance, relays, and field events like the shot put and long jump. The meets provide the opportunity to compete with teams from across the entire Diocese.

Practices are Mon, Tues, Weds and Thurs evenings at a local facility beginning early March. Meets will begin in mid-March and go through late May and will be held on a weekend day (likely Sundays).

Adults are needed for additional assistant coaches and to help coordinate various aspects of practices and meets. Please consider volunteering. Any amount of time is most welcome and appreciated.

For additional information and questions contact:

**Coach Mike Ginley** (mpginley@gmail.com, 440-821-7317), or  
**Dan Straitiff**, (Dan.Straitiff@gmail.com, 216-577-4455).

