

All 5th, 6th, 7th. And 8th Graders,

It is time to sign up for the 2023-24 St. Vincent de Paul Girls and Boys Track Team. Signup should be completed by *Friday, March 8th* via the St. Vincent de Paul website for Athletics at www.svdpvikings.com, "Programs," "Athletics," "Registration." [First-time Users Instructions](#)

3 Items to Complete to Signup:

1) **3 Forms** - on the website registration you will need to make sure and check the boxes noting you and your child will read and accept the IESA Concussion Policy, the SVdP Handbook and the Parent Guardian Consent and Liability Form.

2) **Physical** - your child (all grades) will also need to have a current/sports physical on file at the school. Sports physicals are good for 395 days.

3) **Participation Fee** - the athletic fee is \$45.00/sport and this will be invoiced/billed through the FACTS System for each sport. Once invoiced you can pay online in your FACTS account or you can bring a check to the office made payable to SVdP Athletics.

Coach Lohr will use the "TeamSnap" app for all communication.

Practices:

Practices will begin on Tuesday, February 27th from 3:30-4:40pm.

February 27 – March 11 practice will be held in the Livingston Gymnasium and St. Vincent's parking lot.

Beginning Tuesday, March 12th practices will be held at Peoria Notre Dame's track.

The first practice is 3:30-4:40 on Tuesday, February 27.

Additional practice times and meet schedule may be found on TeamSnap.

Meets/Sectionals:

There will be 6-8 meets plus sectionals. Most meets are during the week. Girls running events and Boys field events are 1st around 4-4:30. Followed by Boys running events and Girls field events around 5-5:30. Sectionals are Saturday, May 4th to advance to State.

Students are able to run individual races (100, 200, 400, 800, mile, and 100 hurdles) and/or team relays (4x400 and 4x100 or 4x200). Students also may long jump, high jump, throw the shot put or discus. There are plenty of opportunities for all students to participate.

Our Track program accommodates students in multiple extra-curricular activities.

Mandatory Parent Meeting:

Monday, March 11th at 5:00pm in the concession area/hallway.

If you have any questions, please contact:

Mrs. Michelle Carew, AD, at 309-339-0281 or mcarew@svdpvikings.com

Mrs. Eileen Lohr, Coach, at 309-691-5012 or elohr@svdpvikings.com