



Track & Field

Frequently Asked Questions (FAQs)

Q. The track program is for what grade levels?

A. Teams are for boys and girls grades 3-8.

Q. Are teams combined or separated by grade?

A. There are 6 teams. 3-4 grade boys, 3-4 grade girls, 5-6 grade boys, 5-6 grade girls, 7-8 grade boys and 7-8 grade girls. There is not a limit to number of participants on a team.

Q. Does my child need to have experience in the sport?

A. No. Just a willingness to participate! Events vary a little by grade, but running events, relays, the shot put, discus, long jump and high jump are all events.

Q. Are there tryouts?

A. No. There are no tryouts.

Q. Season start and end date?

A. Practices begin March 1 and Meets begin after April 1 and go through May.

Q. Meets are when and where?

A. CYO comes up with a meet schedule at the beginning of the season and the coach will decide which ones their team will participate in. Usually 7-8th grade meets are Friday nights and 3-6 grades are Saturday morning/afternoons. These take place at various schools around the city. There is a citywide championship meet at the end of the season.

Q. How long do meets last?

A. This varies greatly depending on number of participants in the meet.

Q. What are participation guidelines?

A. CYO allows participants to do a maximum of 3 events per meet.

Q. Practices are typically when and where?

A. Practices take place at the track behind McNicholas High School at either 4:45-6:15 or 6:15-7:30 Monday through Friday.

Q. Practices are typically how many days a week?

A. This varies by coach, but usually one or two.

Q. Does GA expect participants to practice?

A. No but, like any sport, practice results in improvement. The more practices that can be attended, the better.

Q. What else does GA expect of parents?

A. Since track meets cause the team to be spread out, the more parents available to help get the kids where they need to be, the better! It is also occasionally necessary to help be a timekeeper at meets.

Q. Can parents coach?

A. Yes! Parents are usually the only coaches we have!

Q. How many coaches?

A. Usually 1 or 2 are listed as head coaches but many can be used to help.

Q. Whom do I contact if I am interested in coaching?

A. Either the director of the sport or any Booster member.

Q. If I struggle with a coach's knowledge, style or placement, what do I do?

A. Talk to the coach. If that doesn't result in answers, either contact the director of the sport or the Booster president. As in all other GA sports, feel free to fill out a coach evaluation at the conclusion of the season.

Q. When is registration?

A. Usually registration is in January and February. This can be done in person, through the Wednesday envelope or by dropping the information off at the school office. Check the athletic link on the GA website

<http://www.gaschool.org/curricular/athletics/sportsregistration/index.asp>

Q. What if I am a non-parishioner, but my child's school doesn't have a program?

A. GA will accept any child that wants to participate as long as all paperwork is filled out and fees are paid! Contact the director for specifics!

Q. What is the cost?

A. It will vary year to year. Check the GA athletic link on the website for any updated information.

<http://www.gaschool.org/curricular/athletics/sportsregistration/index.asp>