



Track & Field 2010

Are you ready for Spring? St. Cletus Cardinals Track & Field is around the corner and we are offering a *NEW* strength, speed, and conditioning program for 5th through 8th grade athletes.

There will be a total of (8) conditioning classes held at the St. Cletus gym on the following dates with (4) of those classes hosted by **Right Fit** and their personal trainers. Please see the attached Right Fit schedule along with the required waiver. A waiver for each athlete must be signed by a parent/guardian ... bring waiver to the first class.

2010 Strength & Conditioning Schedule:

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|----|----------------|--------------|------------------------|
| 1. | Tuesday, 2/16 | 7:30 to 8:30 | (Right Fit) |
| 2. | Thursday, 2/18 | 7:30 to 9:00 | (Cletus Track Coaches) |
| 3. | Tuesday, 2/23 | 7:30 to 8:30 | (Right Fit) |
| 4. | Thursday, 2/25 | 7:30 to 9:00 | (Cletus Track Coaches) |
| 5. | Tuesday, 3/2 | 7:00 to 8:00 | (Right Fit) |
| 6. | Thursday, 3/4 | 7:30 to 9:00 | (Cletus Track Coaches) |
| 7. | Tuesday, 3/9 | 7:00 to 8:00 | (Right Fit) |
| 8. | Thursday, 3/11 | 7:30 to 9:00 | (Cletus Track Coaches) |

Track Parent Meeting: Monday, 3/1 7:45 to 8:45 p.m.

Outdoor track practices will begin during the week of March 15. Practice, Meet, & Volunteer Schedule will be available at the Parent Meeting! We are excited to begin a new season and look forward to working with your student athletes! Watch for the new and exciting track sweatshirt design...more to come!

If you have any further questions, please ask:

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