



### **Track & Field 2011**

**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 5<sup>th</sup> through 8<sup>th</sup> 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.

#### **2011 Strength & Conditioning Schedule:**

- |    |                |                        |                        |
|----|----------------|------------------------|------------------------|
| 1. | Tuesday, 2/15  | 7:00 to 8:00pm         | (Right Fit)            |
| 2. | Thursday, 2/17 | 7:30 to 8:30pm JV      | (Cletus Track Coaches) |
|    |                | 8:00 to 9:00pm Varsity | (Cletus Track Coaches) |
| 3. | Tuesday, 2/22  | 7:00 to 8:00pm         | (Right Fit)            |
| 4. | Thursday, 2/24 | 7:30 to 8:30pm JV      | (Cletus Track Coaches) |
|    |                | 8:00 to 9:00pm Varsity | (Cletus Track Coaches) |
| 5. | Tuesday, 3/1   | 7:00 to 8:00pm         | (Right Fit)            |
| 6. | Thursday, 3/3  | 7:30 to 8:30pm JV      | (Cletus Track Coaches) |
|    |                | 8:00 to 9:00pm Varsity | (Cletus Track Coaches) |
| 7. | Tuesday, 3/8   | 7:00 to 8:00pm         | (Right Fit)            |
| 8. | Thursday, 3/10 | 7:30 to 8:30pm JV      | (Cletus Track Coaches) |
|    |                | 8:00 to 9:00pm Varsity | (Cletus Track Coaches) |

**Track Parent Meeting: Monday, 3/7 at 6:00 pm**

**Outdoor track practices will begin during the week of March 13. 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!**

**If you have any further questions, please ask:**

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