

St. Joseph Downtown Track & Field & Field

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General Track & Field Information and Requirements:

- Registered members of St. Joseph Parish and/or School
- Boys and Girls entering grades 4 - 8
- Registration is held in February during Fall Sports Registration
- No minimum or maximum number registered athletes
- Uniform deposit required: \$50
- Equipment purchased by family: running shoes
- Meets are generally held on Sunday.
- Season runs March 1st – late May; Championship to follow.
- Practice may begin March 1st
- Practices are held Monday, Wednesday & Friday 5:30-6:30 PM
- Practices and/or meets are generally 4 times/week.

St. Joseph Downingtown Track & Field & Field

Philadelphia OYYA/St Joseph CYO Track & Field

St Joseph coach's philosophy: There are no losers as long as you do three things while participating on St Joseph's Track & Field team. Number one: always try your best. Number two: while working towards your goals, look for opportunities to have fun and then have fun. Number three and most importantly: always treat other athletes, coaches, spectators, and officials, as you would want to be treated, with respect, compassion and good sportsmanship.

Dates:

Championships:

Times: Sub-novice (mixed girls and boys) will start at 12:45PM. Novice girls will start at 1PM, followed by novice boys, minor girls, minor boys, cadet girls, and cadet boys.

Age groups:

Rosters:

Replacement numbers: If a child forgets a number on the day of the meet, a new number must be obtained at the cost of \$5.00. You must have a number to run in a meet.

OYYA Track & Field coordinator:

CYO XC website: www.oyya.org

Practices: Monday, Wednesday and Thursday 5:30 PM – 6:30 PM at Downingtown West High School Track. Practice usually consists of a warm-up run, stretching, longer run, and warm-down with pushups, sit-ups, and stretching. Always bring something to drink to practice. While the weather is cooler, dress in layers – you can always take layers off as you warm up while running. We will practice rain or shine – in downpours or lightning practice will be cancelled.

Remember, younger siblings and parents are always welcome to run (or walk) with the group.

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2008 Cross Country Team – CONGRATULATIONS!

Michael Bandru and his assistant coaches, Mike Bodary and Cindy Chimino did an awesome job this year coaching our Cross Country athletes. They competed at the Philadelphia Archdiocese championship meet on Sunday, October 26, 2008, where our St. Joseph Boys team took SECOND place overall. Then, went on to the Regional Mid-Atlantic AAU meet on November 9th in Delaware, where seven boys competed and qualified to move onto the national meet. Two of our girls **Alissa Barchet** and **Abby Farrell** also competed, but, unfortunately, did not qualify for nationals. The seven boy's team members competed at the Cross Country Coaches National Meet in West Chester, Ohio on Saturday, December 6, 2008, and did exceptionally well. The individual boys and their finishing places in their age groups in this national meet were as follows (the top 25 finishers won medals):

- ◆ Patrick Blair (10-year-old) 24th place
- ◆ Drew Alansky (10-year-old) 25th place
- ◆ Matt Farrell (11-year-old) 13th place
- ◆ Tyler Alansky (11-year-old) 14th place
- ◆ Gordon Barchet (11-year-old) 17th place
- ◆ **Joseph Doran (13-year-old) 1st Place**
- ◆ Reinhold Barchet (13-year-old) 25th place

These boys and all of the team worked very hard throughout the season. They have represented St. Joseph's parish in the true spirit of the CYO and the Catholic Church.

We would like to especially thank the coaches and parents who drove the boys 9 hours each way through bad weather and wild turkey attacks (a turkey smashed into the windshield of the van they were driving and shattered it while they were on the PA turnpike). Their time and dedication shows in the accomplishments of the team!

Thank you again...and **CONGRATULATIONS!**