



North Bay Catholic School League

2010 Track & Field Day

Sunday May 16th at Justin Siena High School in Napa

CSL Track & Field Day is open to all Kindergarten through 8th grade students interested in trying a variety of track or field events and representing St. John the Baptist Catholic School in this ONE DAY event.

- Each grade needs volunteers to help coach – it is great to have help for boys and girls.
- **No Track experience is necessary!** Enthusiasm, good humor, and a touch of patience is all it takes. This event is run by volunteers from all schools.
- Volunteers must complete the standard school volunteer clearance process.
- **Track Coaches Meeting: March 19 at 2:30 in our School Yard**
- **Practices: Fridays from 3:30-4:30 at St. John’s Lutheran School**
- **First Practice is Friday, March 19th**
- **An evening meet is being organized for Friday, May 7th at 7pm at Justin-Siena**

Parents interested in helping at practices and/or at the meet should fill out this form and return to the school office by next Wednesday, March 17, 2010 (Wear green and bring in your form.)

Questions - Contact Paula Vlaming: paula@focus501.com; or cell phone: 707.363.1046

COACHING VOLUNTEER FORM

Please Print & Return to school office by Wednesday, March 17th

I am interested in helping to coaching my child’s track team or field event(s):

___ I can help at Friday practices. ___ I can help on Track & Field Day, May 16th

___ I can help at a 7pm meet Friday, May 7th

Child’s name: _____ GRADE _____

Child’s name: _____ GRADE _____

Child’s name: _____ GRADE _____

Parent Name (First & Last) _____

HOME PHONE # _____ CELL PHONE _____

EMAIL _____

SCHEDULING/EXPERIENCE/EXPERTISE NOTES: _____

I understand I must meet all clearance requirements and attend the coaches meeting before I can work with the kids. Please sign up for a shirt on Participant Registration Form.

Signature _____ Date _____