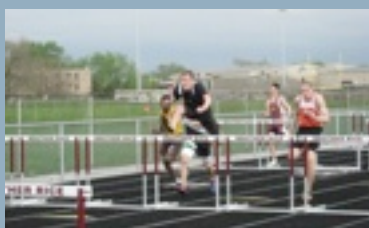


Fenwick Track



A GREAT SEASON HAS BEGUN



Tentative Schedule for 2009

January

20 Tuesday First day of practice

February

7 Saturday Thornwood Triangular (V/S), Thornwood HS 10:00
 10 Tuesday Oak Park River Forest Quad (V/S/F), OPRF HS 4:00
 14 Saturday Homewood Flossmoor Quad (V/S/F), HF HS 10:00
 20 Friday Morton Quad (V/S/F), Morton West 4:30

March

7 Saturday Buffalo Grove Invitational (V), Buffalo Grove HS 10:00
 8 Sunday Chicagoland Catholic Invitational (V), Lewis U. 9:00
 21 Saturday Catholic League Championships (V/S), U of C 2:00
 28 Saturday Bolingbrook Invitational, Lewis U. 4:00

April

9-19 Th-Sun Easter Break at Fenwick
 11 Saturday Niles West Invitational (V/S)--Niles West HS 9:00
 21 Tuesday Triangular : OPRF & Morton (V/S), Concordia U. 4:00
 24 Friday Don Relays (V), Notre Dame HS 5:00
 26 Sunday Friar Relays (F/S), Concordia U. 11:00
 28 Tuesday St. Laurence (or Br. Rice) (V, F/S)--tentative 4:00

May

1 Friday Hornet Invitational (V), Hinsdale South HS 5:00
 5 Tuesday St. Laurence or Br. Rice (V, F/S)--tentative 4:00
 8 Friday CCL F/S Championships (F/S), Br. Rice HS 5:00
 16 Saturday CCL V Championships (V), Loyola HS 9:00
 22 Friday IHSA Sectional (V), Concordia U. 3:00
 29- Friday-
 30 Saturday IHSA State Championships (V), Eastern Illinois U. TBA

Q&A

Fenwick Track

www.fenwicktrack.com

How do I get a uniform?

The uniform style is the same as last year. If you already have a uniform, you are all set. If you need to purchase a uniform, the total cost is \$125. You will receive a uniform top and shorts, sweat top, sweat bottom, long-sleeve practice shirt, short-sleeve practice shirt, stocking cap, running gloves, water bottle, and Nike carry sack.

You must turn in a check made to Fenwick High School before you will receive your uniform. We will be handing out uniforms just before our first meet in February.

How long is the season?

There are two parts to the track season--an indoor season and an outdoor season. You participate in both unless you have a sport that conflicts with part of the indoor season.

When do we practice?

Practice starts at 3:20 pm every weekday. The only exceptions are for field event practices that take place outside of Fenwick. Those days and times will be announced.

Do I need to practice every day?

Yes. We are conditioning you and there is a purpose to every practice. If you miss a practice, there will be a gap in your training. If you have an emergency, a conflict, or a family event, see a coach as soon as you know about it. Don't just skip practice. You are important to the team and the coaches care about your progress!

How long is practice?

For practices that start at 3:20 pm, practice will end at 5:15 pm. Otherwise, the practice end time will be posted.

How do I know what event I'm running?

Meet lineups will be posted before each meet. The lineup will be posted on our website (www.fenwicktrack.com) first. They will be posted later on our bulletin board.

What if there are changes to a meet or practice schedule? How will I know?

If there is an emergency change, there will be an announcement made over the PA during the day. For other changes, you should check our web site: www.fenwicktrack.com

How long are meets?

Meets that involve 2 to 4 teams generally last about 3 hours. Invitationals and championships will last longer.

What do I need to bring to meets?

For all meets, you should bring your trainers and competition flats or spikes. You should also bring a water bottle with water or a sports drink. For long meets, you should plan on staying comfortable during the long down times. Bring a pillow, book, food, more liquid, a towel, blanket, homework, etc. During very long meets you might have one to two hours between competition. Be prepared.

How do we get to track meets?

All athletes must ride the bus. There are no exceptions. If an athlete is not on the bus, the coaches will think he is sick and will have to scratch him from all events at the meet.

Can I leave the meet early?

Yes. There will be a sign-out sheet at every meet. You may only leave with your parents or another athlete's parents. You may not leave unless a parent or guardian is in the car.

What happens during spring break?

There is one meet scheduled on Holy Saturday. There will be no practice on Holy Thursday or Good Friday. After Easter, there will be an abbreviated practice schedule to maintain your strength and speed gains. However, these practices are optional.
