

SJA TRACK PROGRAM FAQs

I received an email from a 5th grade parent asking for some details about the program. I've included some basic details below for those unfamiliar with the Suburban Parochial League track league and SJA track program.

- Everyone can participate. Like all sports at SJA there are no tryouts or cuts.
- All meets are on Saturdays and there are 5 meets in a season. This year's season has a meet each Saturday from 4/16 through 5/21 with the exception of the Easter weekend.
- The JV or combined 5th and 6th grade meet is held on Saturday mornings from approximately 7:45 to 11:30.
- The varsity (7th & 8th grades) is held in the afternoon usually from 11:45 to 3:30.
- Meets are held at various tracks in the area. In 2011, we will have 2 of the 5 meets at Westmont HS and 1 meet at Brooks Middle School in Bollingbrook. The final 2 meet locations have yet to be determined.
- All practices are held at Benet HS. There will generally be 3 practices during the week (Mon - Fri) of an hour in length. JV practices are normally held from 5:30 - 6:30 and Varsity practices from 6:30 to 7:30.
- All parents are asked to participate by volunteering at practice or a meet. The total amount of parent participation that will be required is determined after the total number of student athletes participating in the program is known.
- Starting with last year, the diocese requires that all volunteers attend the "Protecting Gods' Children" workshop.
- The school participates in the SPL (Suburban Parochial League.) It consists of 22 Catholic schools located in the Western Suburbs. Please visit www.s-p-l.org to learn more.
- Schools participate in various meets around the area on Saturdays in April and May. Individual meets generally have a host school and up to 7 other participating schools.
- The league is a completely volunteer / parent run organization and requires the participation of all the parents of its student athletes.