

Track season is just around the corner! Track benefits our children in many ways:

- Participation in track gives a child a higher level of self-esteem and a more positive outlook on life.
- It teaches your child teamwork, goal-setting, and the pursuit excellence
- They learn how to deal with failures and how it feels to be successful
- They make bonding friendships.
- They improve their skills, not only in track, but in other sports as well
- Children who participate in track perform routine physical activity that keeps them healthy
- The athletic child performs better in school.
- They learn and understand track, all while they are having FUN!!

Practice at Benet Academy will begin the first week in April, concluding with the final meet on May 22. Please fill out the required registration forms, one per child and if you need a track t-shirt, that form is also below.

Parent participation is an integral part of the program. Online volunteer sign up will begin in March. Keep watching the blog for Track Updates!

Questions? Please email John and Rita Repsholdt at [sjatrack@gmail.com](mailto:sjatrack@gmail.com)