

St. Andrew Track and Field Program Philosophy

Starting in 2011, St. Andrew's Track and Field program will use a goal-oriented approach to help participants grow physically, emotionally, spiritually, and socially. Our whole-child development philosophy will inspire the children to see that success in sports and life involves more than merely winning. We believe that a child's mental, spiritual, and social growth is also cause for celebration!

The Track and Field goals program will encourage the children to:

- Develop self-esteem and confidence in their abilities.
- Understand goal-setting
- Socialize at appropriate times
- Enthusiastically support their team members
- Follow directions
- Improve their physical strength, coordination, and stamina
- Demonstrate responsibility
- Develop a sense of independence while improving their team skills
- Show self-control
- Act respectfully toward coaches, fellow team members, and meet officials
- Appreciate the talents God has given them, whether the talent is team spirit, enthusiasm, fast feet, or a strong arm

Program Policies and Expectations

Each child will be expected to:

- Work with a goals coach to establish physical, mental, spiritual, and social goals.
- Put forth his or her best efforts for the team.
- Support his or her team members.
- Show respect for peers and adults at all times.
- Return his or her uniform at the season's end. We wish the kids could keep the uniforms, but given the exorbitant costs charged by uniform supply stores, we must reuse them each season. Regrettably, this means that families will be charged for each item not returned.

Enhance Your Child's Overall Development Through Track

- Connect the dots between the goals your child sets in Track and Field and life lessons at home, school, and church. Discuss your child's track goals with him or her.
- Encourage your children to attend practice and run with them when they can't. Drop off the children on time at practice and meets dressed in weather-appropriate clothing.
- Volunteer at practice and/or meets. Please see the head coach to sign up for one or more volunteer opportunities that can enhance your family's track experience.
- Communicate your child's availability with us. Email the head coach if your child is involved in multiple sports. If you know ahead of time that your child will be unable to attend a practice or meet, contact the head coach at least a week in advance.