



# Come Join Mustang Track & Field! Attend Team Meeting February 25!



The MoN track season is almost on us. If you'd like to have a great time learning to run faster and farther, jump higher and longer, and throw with more power and distance, come join the Mustang's 2010 Track Team! We will be practicing and running in track meets throughout the spring and are looking for anyone interested in track & field. You may participate even if you are playing other sports and can't commit to practices or our meet schedule. Have fun and learn how to become faster, increase your endurance, and carry your speed into other sports!

Fill out the form below and attach a \$25 registration fee for new team registrants or \$15 for team members who already have their track singlet (make check payable to Mon HSA). Return via backpack C/O Megan McTigue 6-2. **All track team participants should plan to attend the team meeting scheduled for 6:00 PM Thursday, February 25 in the Stavallo multi-purpose room.**

### Track Events

100 meter Dash	400 meter Relay
200 meter Run	800 meter Relay
400 meter Run	1,600 meter Relay
800 meter Run	
1,600 meter Run	

### Field Events

Long Jump  
Softball Throw  
\*Turbo Javelin Throw  
\*Discus  
\*Shot Put  
(\*Offered if field coaching expertise found)

### Parent and Prospective Coaches

- Outdoor Practice will be offered 6:30-8:00, 2 TBD evenings a week (most likely Tuesday & Friday) at Quince Orchard HS track beginning March 9 (6:30 to 7:30 until sunset cooperates).
- We need coaches! Interested parents contact MoN Track & Field Commissioner, Kevin McTigue at (240) 731-7920, [kmctigue@comcast.net](mailto:kmctigue@comcast.net) or Assistant Commissioner Chris Weir at (240) 823-6370, [wamco8830@aol.com](mailto:wamco8830@aol.com).

#### Participant Information

Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Grade \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 School \_\_\_\_\_ Parish \_\_\_\_\_ Track Experience (years) \_\_\_\_\_  
 Child's Physician \_\_\_\_\_ Phone \_\_\_\_\_

Any Medical Concerns? \_\_\_\_\_ Medications/Frequency \_\_\_\_\_

I am interested in:

Track Event(s) \_\_\_\_\_ Field Event(s) \_\_\_\_\_

Uniform Top Adult (M/F) \_\_\_\_\_ (Size: AL, AM, AS) \_\_\_\_\_ Child (Unisex: YL, YM, YS) \_\_\_\_\_ (YS only for small K/1 graders)

(Parent) I can coach Event(s): \_\_\_\_\_ Comments/Requests \_\_\_\_\_