



"Home of the
North Stars"

St. Charles North High School

255 Red Gate Road
St. Charles, IL 60175
(630) 443-5700

Parents of North Star Track & Field athletes:

With the indoor portion of our season in full swing, we wanted to send you some important information regarding the rest of our indoor schedule and the preparations for outdoor.

This letter contains information about the **2010 Parent Night** and our **2010 check drive**.

The athletic department has asked that every sport have a **mandatory** parent meeting so that we can continue to improve communication and understanding between home and school.

This meeting is extremely important for the track and field programs. We rely on our parents' support in order to offer the best possible experience for our athletes.

During the meeting you will have an opportunity to meet your athlete's coaches. As a reminder, please use the following email addresses to contact the coaches.

Girls' Staff

- Sarah Manwaring Sarah.Manwaring@d303.org
 - Head Girls Coach, Distance
- Heidi Heinrich Heidi.Heinrich@d303.org
 - Girls Sprints
- Ken Kemeny Kenton.Kemeny@d303.org
 - Girls and Boys Throws (Shot Put and Discus)
- Samuel Breban Samuel.Breban@d303.org
 - Girls and Boys Pole Vault

Boys' Staff

- Kevin Harrington Kevin.Harrington@d303.org
 - Head Boys Coach, Boys and Girls High Jump
- Mike Horn Mike.Horn@d303.org
 - Boys and Girls Horizontal Jumps and Hurdles
- Don Spencer Donald.Spencer@d303.org
 - Boys Sprints
- Steve Imig Steven.Imig@d303.org
 - Boys Distance

We look forward to seeing you on March 11th.

Sarah Manwaring
Head Girls Track & Field

Kevin Harrington
Head Boys Track & Field

TRACK & FIELD PARENT NIGHT

The athletic directors have asked that each sport have a mandatory parent meeting. This meeting is critical for the track and field programs.

Date: Thursday March 11th

Time: 7:00pm (We will be done by 8:00!)

Location: St. Charles North Cafeteria

Track and Field Parent Night

- Meet the coaches
- Program philosophies and information
- Athlete expectations
- Opportunity to choose assignments for helping at home meets
- Program fundraising goals

This will be a brief, yet important meeting.

Things to bring

- Calendar
We ask for each family to volunteer to help for at least one home meet. This can be in the concession stand, out in the field, or at the timing stand. Don't worry- we staff with enough people so that you can watch your athlete compete. Also, we will not ask you to do anything that is beyond your abilities. The "technical" roles will be filled by coaches.

New this year: If you volunteer at **3** meets you will receive a North Star Track and Field shirt! The style and design are being worked on, but we want to recognize our most consistent supporters!

- Check book.
We will have some items that you may be interested in: yard signs, window clings (if they are still in stock).

Additionally we will further explain our 2010 fundraiser.

ST. CHARLES NORTH TRACK & FIELD

2010 Fundraising Drive

No Sundays at the car wash, no tickets (or flowers or anything) to sell, no pledges to sign...

It worked well in 2009, so here is the... **“2010 Check Writing Drive”**

We want to save everyone time and effort while maximizing the effectiveness of everyone’s donation.

In the past we have asked each athlete to sell \$50 in car wash tickets in addition to buying flowers (and many other events over the years). We are hoping for a \$50 donation for every family to cover the many needs of our program. If your family is not able to contribute at that level, hopefully you can participate in some manner.

EVERY YEAR the booster club helps the track & field programs. This includes senior recognition plaques, coordinating the banquets, and providing supplementary funds for equipment. The booster club provides support and equipment that **directly improves** the experience of each athlete.

RECENTLY, the booster club has purchased an automatic timing system for the meets (over \$2000), 3 display clocks (over \$1000 mostly for XC, but useful for track), 2 bulletin boards for the interior hallway, and hurdle pads. In the last year the club has also provided for throwing equipment, pole vault equipment, and a wide variety of “odds and ends.”

THIS YEAR, we continue to move towards our vision of the best equipment and facilities that we can reasonably and responsibly provide. The school does provide a budget for the programs, but this budget has never increased in our 10 year history. If you read the letters in the newspaper, some people insist that athletics is over-funded, however it took the boys and girls program two years of our team budget to purchase new uniform tops.

We simply could not support our athletes without additional contributions.

In addition to the “usual” support that the boosters provide (pole vault poles, tape measures, etc.), we continue to pursue some “big ticket” items.

- New high jump and pole vault standards (about \$600 and \$1200 respectively)
- New Pole Vault Base Protector Pads (about \$1000)
- New long and triple jump runways running North-South (about \$3000)

Checks can be made out to **“St. Charles North Running Booster Club”**

Thank you for considering this appeal!