

# Blue Knights High School Track Program



**Info meeting: 7:30 pm, Jan. 8<sup>th</sup> Lakeview Elementary (2500 Mexico Rd., Wentzville,)**

The St. Louis Christian Homeschool Sports Association Blue Knights are excited to announce that we are starting a new track program for homeschooled boys and girls! We had a successful cross country (xc) season this past fall. Marv Meyers lead the team as coach and we participated in four xc races! Our track program will be starting this spring 2019!

- All homeschoolers are welcome to join the program regardless of ability.
- The Varsity program will be competitive with the best runners selected regardless of age
- JV will be a mix of competitive/aspiring Varsity runners as well as recreational for those wanting to use the program for getting in shape or off-season conditioning for other sports.
- The middle school program mostly is a training program with the option to run in the National meet in May.
- We need some parents or older siblings helping out with practices and/or coaching.

## **Training Schedule:**

- Practices will begin Tuesday, March 6<sup>th</sup> from 5:00-6:30 pm at Christian High School (CHS).
- Those participating in Basketball Nationals, practice will begin on the 19<sup>th</sup> of March.
- We will practice every Tuesday and Friday from 5:00-6:30 at CHS-1145 Tom Ginnever Ave. O'Fallon, MO
- Instructions for on-your-own workouts will be given out by the coaches for the days we do not practice.
- Saturday morning 8 am longer team runs for the mid distance and mile runners will be optional but strongly encouraged starting in March (locations TBD).

## **Tentative Track Meet Schedule:**

**March 15<sup>th</sup>**- Lutheran High School (5100 Mexico Rd., Saint Peters, MO 63376)

**March 29<sup>th</sup>**- Belleview West HS(4063 Frank Scott Pkwy W, Belleville, IL 62223)

**April 6<sup>th</sup>**- Timberland HS (559 E Highway N, Wentzville, MO 63385)

**April 17<sup>th</sup>**- Parkway North HS (12860 Fee Fee Rd., Saint Louis, MO 63146)

**April 27<sup>th</sup>**- Kirkwood Invite (801 W Essex Ave., Saint Louis, MO 63122)

**May 8<sup>th</sup>-9<sup>th</sup>** - Home school Nationals (Southwest Baptist University, 1660 South Pike Ave. Bolivar, MO 65613)

## **Anticipated Costs:**

- Track Program Fee - \$75 for V/JV (covers meet registrations and miscellaneous costs).
- Blue Knights Annual Family Registration Fee - \$25 (each family pays this only once/year regardless of how many participants or sports they register for)
- Uniforms – anticipated \$30, mandatory, can be used for xc and track
- Miscellaneous/on your own – good running shoes, running shorts/shirts/socks/sweats, travel costs for Nationals (if attending)

**If interested, please contact Hanna Riggs at [blueknightstrack@gmail.com](mailto:blueknightstrack@gmail.com) or 662-403-7294 and register online at <http://www.stlblueknights.org> Registration opens January 1<sup>st</sup>-February 15<sup>th</sup>**