



ST. ALOYSIUS
CATHOLIC SCHOOL

SAS Track & Field 2025

Track & Field is offered to students in 5th – 8th Grades.

Track Events:

100m, 200m, 400m, 800m, 1600m, 4x100m, 4x200m, 4x400m (7th & 8th Grade Boys)

Field Events:

High Jump, Long Jump, Triple Jump (7th & 8th Grade), Shotput, & Discus

Four divisions:

Junior Girls (5th & 6th Grade)

Junior Boys (5th & 6th Grade)

Senior Girls (7th & 8th Grade)

Senior Boys (7th & 8th Grade)

Practices: Start **Monday, February 17** and will be held Monday, Tuesday, Wednesday, & Thursday from **3:15 - 5:00 p.m. at the football field** on campus. Practices will pause during the Mardi Gras Break and resume **Monday, March 10 with the usual schedule of Monday, Tuesday, Wednesday, Thursday**. There'll also be opportunities to train at Catholic High School's track & field facility during the season (such opportunities will be communicated in advance).

Training Groups: Athletes will train with the following coaches based on their events and can split training between the different groups.

- **Terry Dupuy**

Girls' Sprints (100m, 200m, 400m) & Relays (4x100m & 4x200m)

Girls' & Boys' Long & Triple Jumps

- **Tyler Waggenpack**

Girls' & Boys' Distance (800m & 1600m) & Hurdles

- **Daisy Dunn & Elizabeth Murphy**

Boys' Sprints (100m, 200m, 400m), & Relays (4x100m, 4x200m, 4x400m)

Boys' & Girls' High Jump (Daisy Dunn)

- **Matthew Torrance**

Girls' & Boys' Throws (Discus & Shotput)

Throwers will split training days at SAS and CHS sites. Information about training at both sites will be shared in a timely manner.



Meet Schedule: some details are still TBD. Below are the weekends marked for meets. Meets typically last four to five hours. Athletes are allowed to compete in **four events maximum**. Athletes aren't required to stay the entire duration and can leave at the conclusion of their events, but they're still encouraged to stay and cheer on their teammates. Please note the schedule is still subject to possible changes.

Sunday, March 16, Episcopal School of Baton Rouge, 1:00 p.m.

Sunday, March 23, Zachary High School, 1:00 p.m.

Saturday, March 29, East Ascension High School, 1:00 p.m.

Saturday, April 5 or Sunday, April 6, Location & Time TBD

Saturday, April 12, St. Michael the Archangel High School, 1:00 p.m.

Saturday, May 3, Catholic High School, (Championship Meet), 1:00 p.m.

Gear/Equipment: Athletes need to bring their gear to school each day and will change in the Old Gym locker rooms once school dismisses for the day.

- **Uniforms:** an online store will be available to purchase uniforms and track wear. Check the school's website for the store: aloysius.school/athletics.
- **Clothes:** gym shorts, t-shirt or singlet/tank top (clothing that is wicking to allow moisture/sweat to easily evaporate)
- **Tennis Shoes:** preferably ones that are only used for training and separate from ones worn for daily use. Make sure shoes aren't worn out since that can lead to pain or discomfort during training and potentially injuries.
- **Track Spikes** (for track meets. Cleats with metal spikes): **recommended, but not mandatory. *Not needed for throwers.*** Can be purchased at sports stores in town (Varsity Sports or Dick's Sporting Goods. Varsity offers 10-15% discount to athletes). Make sure the metal spikes are ¼ in. pyramids as most track facilities won't allow any other kind. If all else, training shoes can be worn at meets.
- **Water Bottle:** to stay hydrated during practice. Big jugs are recommended since they can hold more water. Water tanks will be available at practices for the kids to refill their bottles.
- **Towel:** can be used as a sweat towel and/or for use during exercises.
- **Athletic bag:** to hold any necessary gear they may need.



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Sports Physicals/Medical History Form: required for an athlete's participation. An athlete cannot participate at practices or meets until one is on file with the school. It covers the athlete for 13 months. The form can be found on the school's website: aloysius.school/athletics. Athletes are covered if they already completed a physical for another school sport this year.

Coaches Information:

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