

Hello St Hilary CYO Track & Field Team & Parents,

My name is Paul Owens and I will be joining the coaching staff at St Hilary's for the 2013 season. For those of you who don't know me, I currently have 3 kids on the team (Bridget, Jack and Colette) and one more anxiously waiting to join next year (Matthew)! I grew up in a "track family" and have coached various team sports over the years. I am excited to be joining the current coaching staff of Dan Kelly, Rob Dunn and Al Geary.

Similar to years past, our practices will be held on Tuesdays & Thursdays from 6:00 to 7:00 at St. Basil's HS. Our first practice will be on Thursday, 3/14. Our first meet is scheduled for Saturday, 3/23. I will have the full schedule available to all by next week. For practice & meets, please make sure your runners bring water, have suitable running sneakers & WEAR THEIR SWEATS.

I will have more information in the coming weeks regarding uniforms, volunteering and expectations for this season. In the meantime, I look forward to a seeing you all next week and to a great season ahead!

Thanks,

Paul

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