

Healthy Eagle Express

Track: WE NEED HELP!!!!!! We have 106 track athletes this year. While this is awesome, Ms. Cox and I can't coach all of them by ourselves. We need some additional parent coaches. Coaches are given a practice plan and are asked to implement it. We would be available to help. Please consider helping our athletes. I have a few parents who have said verbally that they will help. Please e-mail me at bsizemore@ascsn.org to confirm. We will have a coach's meeting on March 10th after track practice. At that meeting we will determine who is coaching which group, and on what days. When we begin actual practices they will not be as often as they are now. It is expected that each group will practice twice a week. We will not have practice on March 13th. In the past many parents have asked about ordering track t-shirts for the spectators to wear during the track meet. We are looking into the cost. Please look for order forms next week in Thursday Folders.

OKC Memorial Marathon: If your PK-6th grade student would like to participate in the children's portion of the OKC Memorial marathon this year, please visit www.okcmarathon.com for registration information. The \$5 entry fee includes a medal, a t-shirt, post race snacks and post race activities. Adults are permitted to participate with their child. The cost of \$10 includes a medal and a t-shirt, or you can just run the race for free. When registering please state that you are with All Saints Catholic School. We are trying to get as many participants as possible. The school with the highest percentage of participation will receive a trophy and \$500 for the PE program. I will be picking up all race packets and distributing them to ASCS participants.

Did you know..... Studies suggest drinking low-fat chocolate milk after vigorous exercise. The milk contains the right blend of carbohydrates and protein to refresh and replenish the body, post workout. It has the same or better benefits as typical sport drinks. Information on this study can be found in the International Journal of Sport Nutrition and Exercise Metabolism.

Miscellaneous announcements: HFSAC will meet at 5:15 on March 12th.

Stacking Club will meet Feb. 27th and March 13th. After that we will not meet again until May.

Walking Club will not meet on March 3rd or 24th.