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## St. Perpetua's Hand-off Training Pays Off at Diocese

By Robin Schoettler Fox



4x100 relay, Madeline Singh hands off to Jamie Sexton Photo Raja Singh

Gone are the days when CYO track was the main spring team sport available to young athletes.

☐ "Years ago, the only conflict was baseball for boys," says Jeanne Balczewski, a former collegiate track athlete who has coached St. Perpetua's CYO track team for 12 years. "Now there is lacrosse, AAU and MVP basketball, water polo, club soccer and volleyball, just to name a few."

☐ Still, even with numbers of athletes down, St. P held its own at the Diocese championships (see results box). The key, says Balczewski, is training.

☐ "Our small (St. Perpetua) team typically does well at Diocese, especially in relays," says Balczewski. "That's because we teach them the same baton handoffs that are used in high school and college, starting in the 2nd grade."

☐ This year, those early lessons paid off for St. Perpetua. Both boys and girls 3rd grade relay teams medaled in their Diocese relays events, with the boys taking first and the girls taking second in separate 4x100 relay events. In addition, the St. P 5th grade boys' team took second in their 4x100 relay event.

☐ In the photo, Madeline Singh hands off to Jamie Sexton during the 4x100

relay event Diocese Tournament held at Diablo Valley College on May 9th. The girls, both in second grade, run "up" and compete at the 3rd grade level because there is no 2nd grade CYO track division. The other half of St. P's successful 3rd grade girls relay team are third graders, Kierra Krawec and Amanda Alessandria.

- 2009 Oakland Diocese CYO Championship Meet
- Saturday, May 9, 2009 @ Diablo Valley College
- St. Perpetua & St. Monica\*\* Track Team Highlights
- \*\*Orinda athletes compete for St. Monica because Santa Maria has no track team

- 3rd Grade Boys
- 4x100 Meter Relay
- 1st - St. Perpetua
- (Travis Armistead, Thomas Hawkins, Christopher Rogers, Ryan Nall)
- Sprint Medley Relay
- 1st - St. Perpetua
- (Travis Armistead, Thomas Hawkins, Christopher Rogers, Ryan Nall)
- 200 Meter
- 2nd - Ryan Nall (St. P)
- 4th - Christopher Rogers (St. P)
- 400 Meter
- 1st - Christopher Rogers (St. P)
- 1600 Meter
- 6th - Jack Mader (St. Mo)
- Long Jump
- 1st - Travis Armistead (St. P)
- 3rd - Ryan Nall (St. P)
- 3rd Grade Girls
- 4x100 Meter Relay
- 2nd - St. Perpetua
- (Madeline Singh, Jamie Sexton, Kierra Krawec, Amanda Alessandria)
- Sprint Medley Relay
- 1st - St. Perpetua
- (Madeline Singh, Jamie Sexton, Kierra Krawec, Amanda Alessandria)
- 50 Meter
- 4th - Amanda Alessander (St. P)
- 100 Meter
- 2nd - Kierra Krawec (St. P)
- 200 Meter
- 1st - Kierra Krawec (St. P)
- Softball Throw
- 5th - Madeline Kalil (St. P)
- Tetherball Toss
- 5th - Molly Mudgett (St. P)

- 1600 Meter
- 5th -Jenna Miles (St. Mo)
- 
- 4th Grade Girls
- Tetherball Toss
- 1st - Morgan Rogers (St. P)
- 
- 5th Grade Boys
- 4x100 Relay
- 2nd - St. Perpetua
- (Cannon Armistead, Jordan Tehrani,
- Connor Henderson, Sutter Lindberg)
- Long Jump
- 2nd Sutter Lindberg (St. P)
- 4th - Canon Armistead (St. P)
- Softball Throw
- 3rd - Sutter Lindberg (St. P)
- 
- 6th Grade Boys
- Long Jump
- 5th - Park Latham (St. Mo)
- 
- 6th Grade Girls
- Softball Throw
- 5th - Claudia East (St. P)
- Tetherball Toss
- 5th -Claudia East (St. P)
- 
- 8th Grade Boys
- Long Jump
- 3rd - Brian Deluna (St. P)
- 
- 8th Grade Girls
- 100 Meter
- 5th - Addison Mullins (St. P)
- Shotput
- 4th - Addison Mullins (St. P)
- Tetherball Toss
- 2nd - Addison Mullins (St. P)
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