

St. John's Spring Sports

Hello Families,

We're excited to kick off **Spring Sports for 2026** and invite you to sign up your child for **Track & Field** and/or **Flag Football** this season!

Below are the important details for each sport. Please review carefully and complete the registration where applicable.

More details will be shared with registrants as teams are finalized and schedules are confirmed. If you have questions, please don't hesitate to reach out to athletics@stjohnb.com

We're looking forward to a fun and exciting spring sports season!

Best regards,

Megan Lacey

Athletic Director



Track & Field (Grades 4–6 | COED)

Registration Link:

<https://forms.gle/gBEyoGrkRU7B9mrs5>

Season Details:

- **Eligible Grades:** 4th–6th Grade (Coed)
- **Practices Begin:** On or after **March 2, 2026**
(Practice days and times will be communicated by coaches)
- **Season Starts:** March 23, 2026
- **Season Ends:** May 8, 2026
- **Official Meet Dates:** To Be Determined

Track & Field is a great opportunity for athletes of all experience levels to compete, build endurance, and develop individual skills in a supportive team environment.



Flag Football

Registration Link:

<https://forms.gle/3DuqtEYB8StddEus9>

Season Timeline:

- **Practices Begin:** March 20, 2026
 - **Season Starts:** March 27, 2026
 - **Regular Season Ends:** April 24, 2026
 - **Playoffs:** May 1–2, 2026
 - **Championships:** May 8 or May 9, 2026
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General Flag football Information

- **Grade Divisions Offered:**
 - Grades **1–2**
 - Grades **3–4**
 - Grades **5–6**
- **Team Format:**
 - **Grades 1–2 & 3–4:**
 - COED teams
 - 6v6 format
 - Rosters of 8–10 players
 - **Grades 5–6:**
 - Separate **Boys and Girls divisions** *if participation allows*
 - Minimum of four (4) girls teams required for an all-girls division
 - If minimum is not met, teams will be COED
 - 7v7 format
 - Rosters of 9–12 players

- **Games:**

- Each team will play **six (6) regular-season games**
- Games scheduled between **March 27 and May 1, 2026**
- Schedule will be adjusted around **Spring Break and Good Friday**
- Games are primarily planned for **Friday nights**, but may also be scheduled for **Thursday evenings or Saturday mornings**, if needed

- **Equipment:**

Each participating school must provide:

- Mouthpiece (provided by parent)
 - Clip belts (provided by the school)
 - Team jersey (provided by the school)
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