**Montroyal Track and Field 2018**

Welcome to the Montroyal Track and Field Season 2018. We have a great season ahead of us that includes students from grades 4 – 7 having an opportunity to train and compete in the following events: Sprints and Relays, Long Distance, Shot Put, High Jump, Long Jump and Triple Jump.

All practices will be held at the school at 12:20 (please see attached schedule) A mini meet will be held on Wednesday, May 9th at Handsworth from 3:15 – 5:00. This will include relay races as well as the 15500m long distance run. The running events and Triple Jump qualification meet will be held at Handsworth Secondary on May 16th 12:00 – 3:30. The field qualification meet will be held for Grade 4 and 5 students at Montroyal and for Grade 6 and 7 students at Canyon Heights on May 23rd beginning at 3:15pm. Parents are responsible for transporting children to all meets. Those that qualify will later compete at Swanguard Stadium on Tuesday, June 5th More information to follow.

All students must fill out and hand in the Elementary Extra-Curricular Athletics Informed Consent form in order to participate. All students must wear appropriate footwear while participating in any events.

This years coaches are as follows:

Mrs. Barnett- Grade 6/7 Sprints and Relays

Ms. Le Mrs. Russell- Jones - Grade 4/5 Sprints and Relays

Ms. Lenz Grade - 4/5 Long Jump

Mrs. Wood Mrs. Scott - Grade 6/7 Long Jump

Mrs. Johnston - Grade 4/5/6/7 Triple Jump

Mrs. Davis - Grade 4/5 Shot Put

Mrs. Tansey Mrs. Keevil Mrs. Zhu - Grade 6/7 Shot Put

Mrs. Teegen, - Grade 4/5/6/7 High Jump

To maintain safety for our students, coaches ask that students attend as many practices as possible in order to prepare them adequately for the event. Due to weather and any unforeseen events dates and times may change so it is important for the students to check the information on the front lobby bulletin board and listen carefully to the announcements.

Thank you for your support, we look forward to a great season.

Susan Teegen

Vice-principal / Track and Field Co-ordinator