

Track and Field Practice Schedule 2016
Starting April 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School (7:50-8:35)	Gr. 4/5 Sprints and Relays	Gr. 6/7 Sprints and Relays	Gr. 4/5 Sprints and Relays	Gr. 6/7 Sprints and Relays	Gr. 4-7 Long Distance
Lunch (12-12:30)	Gr. 6/7 Long Jump Triple Jump Gr. 4-7 Shot Put	Gr. 4/5 Long Jump Triple Jump Gr. 6/7 High Jump Gr. 4-7 Long Distance	Gr. 6/7 Triple Jump Long Jump Gr. 4/5 High Jump	Gr. 4/5 Long Jump Triple Jump Gr. 6/7 High Jump	Gr. 4/5 High Jump Gr. 4-7 Shot Put
After School (3:00-3:30)					

Coaches:

Long Jump – Glen Wyatt

Triple Jump – Kevin Davis

High Jump – Phyllis Delleney, Andrie Bates

Shot Put – Lisa Madill, Jennifer Butterfield, parent – Ralph Stringer

Long Distance – Marnie Armstrong, Bridget O’Brien, Jennifer Schmit

Sprints and Relays – Volunteer Jim Bishop, and parent coaches. Jim will be the main communicator between the Kathy and volunteer parents. Staff sponsors: Kathy and Erin

Current Information:

- Students have signed up for events
- Sampler is on Thursday March 31 and Friday April 1
- Informed consent forms will go home via Synervoice to parents on Thursday March 30. We will also have paper copies in the office drawer. Only some students will need to submit medical forms as they may have submitted them for cross-country, basketball or volleyball.
- Coaches can begin practices when the forms are in. Please start no later than April 11.

Confirmed:

- Friday May 27 Track and Field Zone entries due
- Tuesday June 7 Swangard - FYI location may change due to renovations