



École Élémentaire Sunshine Hills Elementary
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Thursday, March 14th, 2019

Track and Field

Dear Parents/Guardians,

Your child is interested in joining our track and field team at the school, and we would like to give you some more information about it. Students in grades 4, 5, 6, and 7 will again be involved in large group practices for their running, jumping and throwing events. Practices will be held each **Tuesday and Thursday mornings from 8:00am - 8:50 am starting Tuesday, April 2nd**.

We will meet in the undercover area and train on the fields. On rainy days practices will be cancelled.

Children should come to all practices dressed appropriately for all of the activities (gym strip). They should also bring a change of t-shirt, extra socks and a water bottle. If a practice is missed due to illness, appointment, vacation, etc, the student will need to notify either Mrs. Poole or Mrs. Hope in writing (email/note).

There will be several coaches involved in helping your child train for the following events: shorter sprints, longer distances, long jump, softball throw for grades 4/5, and shot put for grades 6/7. The following are the possible events available by grade level.

Grade 4	Grade 5	Grade 6/7
60m	60m	100m
100m	100m	200m
600m	200m	300m
Shuttle relay	600m	800m
4x100m relay	Shuttle relay	1200m
4x100m mixed	4x100m relay	4x100m relay
	4x100m mixed	4x100m mixed
		Medley relay

Our team will be running in the **North B Regional Track Meet on Wednesday, May 8th**, at North Delta Secondary School (weather permitting). As there are only a **limited number** of spaces for participation in each event, coaches will be making the selections accordingly. Decisions will be based upon a combination of factors including:

1. Attendance at scheduled practices,
2. Effort and Attitude at practices,
3. Results of timed races, runoffs, jumps and throws throughout the season.
4. Number of participants

As coaches, our main goals throughout the track season are not only to encourage a love of the sport of track and field, but also to foster positive self-esteem, confidence and teamwork. **All students who regularly attend our practices will receive an event. It is our intent to find an event for each child that will give him or her as much personal success as possible.** Student preference is taken into account for event placement, but is not the deciding factor.

If you have either any questions or would like to help volunteer at practices, please feel free to either contact myself at the school 604-594-8491 or by email mhope@deltasd.bc.ca.

Happy training!

Mrs. Mareva Hope and Mrs. Poole
mhope@deltasd.bc.ca spoole@deltasd.bc.ca

Pride