

Track and Field Practice Schedule

In preparation for the upcoming district track and field competition, students will need to attend the practices for the events they would like to try out for. As some students may be trying out for multiple events, they should make sure that they have proper gym strip at school at all times. Since some practices will be held before and after school (as well as at lunchtime) parents may need to arrange alternate drop-off and pick up arrangements for their child. We thank you in advance for your cooperation and support at this busy time.

Just a reminder: Coaches are limited in the number of students they are able to take for their events. Further, some events, such as long jump, high jump, distance, require a standard to be met by students. As a result, students are not guaranteed to "make" the event they have tried out for. Our main goal is to take as many students as possible, but to better the chances of getting to the Track Meet; we are encouraging students to try out for as many events as possible. Please take the time to discuss with your child if he/she is committed to participating in Blakeburn's Track and Field practices as attendance is important and will be monitored. As mentioned, students will require proper running attire e.g. running shoes, shorts or running pants, jacket etc.

Practices begin: Monday, April 24th, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
.8:15 - 8:40	High Jump Grade 3/4 Mr. Urquhart	High Jump Gr. 5 Ms. Brown	Relays/ 100M Mr. Urquhart/ Ms. Wade	High Jump Gr. 5 Ms. Brown	Relays/ 100M Mr. Urquhart/ Ms. Wade
12:25- 12:55	Long Jump (Gr.5) Ms. Hartl/Ms. Harris	Long Jump (Gr. 3 only) Ms. Pagazzi/ Ms. Ciolfitto	Long Jump (Gr.5) Ms. Hartl/ Ms. Harris ----- High Jump Grade 3/4 Mr. Urquhart	Long Jump (Gr.4 only) Ms. Pagazzi/ Ms. Ciolfitto	
2:50 - 3:20	Distance: (Gr. 3-5) (400,800,1500) Ms. Clerkson/ Ms. Rodgers		Distance: (Gr. 3-5) (400,800,1500) Ms. Clerkson/ Ms. Rodgers		

Please Note: There will be no practices on the following dates:

Thursday, May 11th, no lunch practice: Staff Appreciation Luncheon
Monday, May 22nd, no practices: Victoria Day

District Track Meet is on Friday, MAY 26th, 2023

FYI: We are planning to take a large team to the meet and will need to rely on parent drivers. Please note that this year's track event is taking place at SFU as the Coquitlam Town Centre facility is undergoing renovations. If you can drive, please make sure that you have completed the following: the Drivers Certificate of Insurance form, Driver's Abstract, Criminal Record Check (waiver form can be accessed from the office) and submitted them to the office as soon as possible. If you have any questions regarding the documentation, please touch base with the office.

Blakeburn Elementary School

Coaches Expectations

1. Attend all practices:
 - if you miss a practice, bring a note from your parents to explain your absence (coaches will be taking attendance)
2. Attend practices with proper clothing:
 - shorts, t-shirts, track suits, 'running shoes', sweat pants
3. Good Behaviour:
 - listen to your coach and follow directions
 - poor behavior will result in you being asked to leave the practice
4. Good Attitude:
 - try your best at all times
 - don't get discouraged
 - be respectful towards your coach(es) and other students
5. Good Sportsmanship:
 - encourage and help others at the practice
 - work at being a part of a team that will be representing our school at the District Track Meet on Friday, May 26th, 2023.

List of Events:

100 Meters	Grades 3, 4, & 5	(4 students per grade/ gender)
400 Meters	Grades 3, 4, & 5	(3 students per grade/ gender)
800 Meters	Grades 3, 4 & 5	(2 students per grade/ gender)
4 x 100 Meter Relay	Grades 3, 4, & 5	(4 students per grade/ gender)
Medley Relay	Grades 3, 4, & 5	(4 students per grade/ gender)
Long Jump	Grades 3, 4, & 5	(4 students per grade/ gender)
High Jump	Grades 3, 4, & 5	(4 students per grade/ gender)