

HERITAGE MOUNTAIN ELEMENTARY SCHOOL
School District No. 43 (Coquitlam)

125 Ravine Dr.
Port Moody, B.C.
V3H 4Z1

April 11, 2013

Track and Field Notice #1

On Wednesday, May 22, 2013, Heritage Mountain Elementary will be participating in the District Elementary Track and Field Meet. Next week we are beginning practices for those students in grades 3 to 5 who are interested in practicing their skill development in a variety of activities in Track and Field, with a hope to represent our school at the District Meet. It is important to note that not all students who practice will have an opportunity to compete at the District Elementary Track and Field Meet.

This can be disappointing to students and parents, but in order to complete the District Track and Field Meet in one school day the meet allows each school to place 4 students in each event. This could mean up to 48 competitors in an event, so you can see why the number of participants needs to be limited.

With this in mind, the goals for Track and Field at Heritage Mountain are:

- to introduce grade 3 to 5 students to a variety of activities to explore in practice time
- to help students to discover their strengths and needs – we are not all gifted sprinters, jumpers, and throwers
- to help students narrow their selection of activities to pursue
- to provide supervised practice time for students to develop their skills
- to develop student friendships
- to encourage participation and sportsmanship

We trust that these are worthwhile goals.

At this time we would like to remind you that the teachers volunteer their free time to work with your children, not because they have to but because they want to. It is hoped that in this respect parents would fully support the coaching decisions made by the staff at Heritage Mountain. We want to be sure that we present ourselves as socially responsible adults, providing a positive message to our children.

Please find on the back a schedule of practices and the coach(es) responsible for each event. Please keep the schedule in a handy place for easy reference because **it is important that students attend every practice unless they have a note from home explaining their absence.** Students whose families choose to take family vacations during the track and field practice meets may not be selected to represent our school at the District Meet.

Please note that at the District Meet, students will be able to compete in a maximum of three events and a relay. The track and field practices are limited to those students who are participating. Younger and older siblings, and parents who come out for the practices can sometimes become a distraction and disruption for the students who are practicing, so we are limiting practices to participants only.

The staff at Heritage Mountain Elementary is looking forward to working with your child in the variety of activities in Track and Field. We encourage the participation of all students who are interested and want to make a commitment.

Sincerely

G. Leuvekamp
Team Leader

Event	Grade(s)	Coach(es)
100 metre & relays	3	Mrs. Khan/Mrs. Liski
100 metre & relays	4	Mrs. Grist/Mrs. Callihoo
100 metre & relays	5	Mrs. Bleasdale/Ms. McCausland
Long distance runs	3, 4, 5	Mr. Leuekamp/Ms. Summers/Ms. Ladha
Long jump	3	Mrs. Derksen/Ms. Fike
Long jump	4	Mrs. Lauridsen/Mrs. McKave
Long jump	5	Mrs. Henschell/Mrs. Kirsh
High jump	3	Mrs. Liski/Mrs. Swanson/Mrs. Khan
High jump	4, 5	Ms. Ogilvie
Shot put	4, 5	Ms. Ewart/ Mrs. Doza
Discus	5	Mr. Mah

Following is the track/field schedule of practices beginning Monday, April 15th. There may be minor changes made to the schedule to accommodate professional days and/or holidays. The coaches involved will inform the students in advance of necessary schedule changes. The students who are involved in noon hour practices should stay for lunch on those days. The running events are held **before** the children eat their lunches.

Track Schedule 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 8:00 – 8:30	Gr. 4/5 Shot Put	Gr. 5 High Jump	Long Distance (Gr. 3,4,5)	Gr. 3 High Jump Gr. 4/5 Shot Put	Long Distance (Gr.3,4,5) Gr. 3 100m & relay
Lunch 11:45 – 12:15	Gr. 4 100 metre & relays Gr. 3 Long Jump Gr.5 Discus	Gr. 3 100 metre & relays Gr. 4 Long Jump	Gr. 4 100 metre & relays Gr. 5 Discus Gr. 3 Long Jump	Gr. 5 100 metre & relays Gr. 4 Long Jump	Gr. 5 Long Jump
Lunch 12:15 – 12:40		Gr. 5 Long Jump			
After School 3:00 – 3:30	Gr. 5 100 metre & relay	Gr. 3 High Jump	Gr. 4/5 High Jump	Gr. 4 High Jump	