

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 **Wednesday, May 21st, 2025.**

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)
1500 Meters	Open (2 boys and 2 girls per school)	
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)
Shot Put	Grades 4 & 5	(4 students per grade/ gender)
Discus	Grade 5	(4 students per grade/ gender)