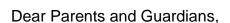
## ÉCOLE ROCHESTER ELEMENTARY SCHOOL

April 2016



Thanks in advance.



Track & Field season has begun! All students in grade 3, 4 & 5 are invited to try out for the track and field events.

The district track meet will be held on <u>Tuesday, May 24<sup>th</sup></u> at Town Centre Stadium. All students participating in this meet will have to reach the standards set by the District in order to participate. More information and request for volunteers regarding the district track meet will be sent home closer to the date.

Participants are encouraged to follow through on their commitment. Joining a team indicates a commitment to support fellow athletes, coaches and the school. Once a part of the team, students are expected to be supportive until the end of the season. We do expect students to be consistent in making practices. Please contact your child's specific coach to discuss any conflict issues, as the coaches want to be as supportive of the children as possible.

Practices will begin bright & early on Monday, April 18<sup>th</sup>. Please note the practice days and times for all the events that your child has signed up for on the schedule on the reverse of this letter.

The Rochester Track Coaches			
Mme Boulanger, Mrs Doza, Mrs Mme Anderson, Mrs Downey, M			enedict, Mr. Mariotti
≫ ≫ ≫ ≫ (Please return to Mrs. Moore as		× × ×	· × ×
Yes, my child can par	ticipate in track and field	practices.	
Yes, they understand	the commitment to pract	ices and expectati	ions for behaviour.
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Student Name	Student Signature	Division	Grade
Parent Signature	 Telephone	Number	

## TRACK AND FIELD PRACTICE TIMES

(Please put a check mark beside the event your child is participating in so you can keep track of practice days and times).

Event	Practice Days	Practice Times	Teachers	✓
Running Short distance (100m, 200m) & Long distance (400m, 800m, 1500m)	Mon and	8:15 - 8:45	Mme Anderson, Mrs Downey, Ms Fernandes Mrs Moore	
+ Relays	Wed	3:10 – 3:40		
Long Jump Gr 3 Gr 4 Gr 5	Mon Thurs Tues	12:10-12:35 8:15-8:45 8:15-8:45	Mrs Doza, Mrs Johnson, Mrs Linden and Mrs Moore	
High Jump Gr 3 Gr 4/5	Tues Thurs	12:10-12:35 12:10-12:35	Mr. Kore and Mme Benedict	
Discus (Gr. 5's only)	Wed & Friday	12:10 - 12:35	Mr. Mariotti	
Shot Put Gr 4 & 5 only	Tues & Thurs	3:15 -3:45	Mme Boulanger	