

High Jump Practice Information Bulletin 2 – May 5th, 2023

Participation in these practices is mandatory to make it onto the high jump team. If you cannot make it to these practices due to another commitment or because you have been sick, please communicate with Mme O’Neill, Ms. Hey or Mr. Severud. We are understanding.

Super Six Practices

In these practices, we will work with the top 6 jumpers on their jumping technique. Remember, only the top 3 can represent PE in high jump, so this is but another step. In the week of May 23rd, we will have jump-offs to determine the final top 3. To make it to the district finals, athletes must first qualify in the West Zone Eliminations, from which only the top 5 per category in the entire 10-school zone move on to the finals at Meadowridge. Luckily, PME hosts the West Zone Eliminations, so there is no need to travel that day.

Practices are as follows:

All the following practices are at **7:15-8:15am**.

Grades 6/7s – Tuesdays*, beginning May 9th

Grade 4/5s – Thursdays*, beginning May 11th

*There will be no practices during the week of May 15th because of the Grade 7 Victoria Trip.

Athletes know to enter the gym at the side door by the ramp. If it’s not open, the coaches aren’t there yet (train?). Be sure to pack your shoes and strip the day before as you will not be able to enter your classroom.

Mr. Severud & Mme Abdulla