

Track and Field Newsletter No. 4, 2nd Edition: After the Team is Selected

The 2023 Team Roster

Our track and field qualification sessions are now complete, and we have selected the team. We will not publish the names here as per policy regarding privacy. We will reveal the roster to the students later in the week of May 29th (likely Thursday). Because of the qualification process, students should already know whether they are on the team and for which event(s). We are hoping to distribute permission forms by June 2nd at a recess or lunch meeting.

Practices

Athletes are expected to attend practices for their event(s) to prepare for the meet. Some practices *may* begin the week of **Monday, May 29th**, but all will begin no later than the week of June 5th. There is only time for one or two practices before the big event. Dates and times are subject to change due to teachers' schedules, weather, etc.

Event	Coach	Practice Day and Time
High Jump	Mme O'Neill, Mr. Severud & Ms. Hey	Gr. 6/7: Tuesday June 6th at lunch, 12:00-12:15 Gr. 4/5: Wednesday June 7th at lunch, 12:00-12:15. After zone eliminations, we will schedule based on who gets in and on grade.
Long Jump	Mr. Gregoire & Mme Greene	Gr. 4-7: Friday June 2 nd at 10:40 and Thursday June 8th from 2:30-3:30.
100m	Mme Joseph, Mme McDonnell & Mme Paschalis	100m and relay practices are conducted simultaneously.
4 X 100m Relay	Mme Joseph, Mme McDonnell & Mme Paschalis	Gr. 4/5 & 6/7: TBD – likely between Wednesday and Friday, in the morning or between recess and lunch, depending on coach availability. Grade cohorts will train both separately and together: listen to announcements for when to come down. Meet outside or in the gym on wet days.
Discus	Mr. Severud	Gr. 6 & 7: Friday, June 2 nd 1:30-2:00. Gr. 6 & 7: Tuesdays from 8:50-9:20. Meet at the baseball diamond.
Shot Put	Mr. Vale	Gr. 4-7: Wednesday June 8th @ 1:25-2:05. A second practice may be added Monday June 12 th @ 9:30-10:10 or on another date. Meet at tetherball area.
200m/400m	Ms. Abdulla	Gr. 4-7: 200m/400m Tuesday mornings, from 8:45-9:15 and/or Friday afternoons from 1:30-2:00. Meet at far field start line, but wait for an announcement.

We have done our best to keep practice times as convenient as possible. Most are during school hours while long jump is in the afternoon on a Thursday. Only those students who qualified for the team should attend practices.

Permission Forms

This week or early next, students will be coming home with permission forms. Please fill them out and return them as soon as possible. **Please keep the written portion with your child's events and times for your records.**

Good luck PME!

Mr. Severud and Ms. Abdulla