

Crescent Park Elementary Track and Field 2017

April 5, 2017

Track and Field is starting at Crescent Park Elementary. Morning Conditioning Runs are every Monday, Thursday, and Friday at 7:50 am in the gym (we start in the gym with warm-up, then run through the park). Morning runs are rain or shine (we run various relays in the gym when it rains). If anyone arrives late for a morning run and the runners have left the gym, late comers are told not to try and catch-up but to remain at the school for safety reasons. Runners who come out to the morning runs will be invited to the first mini track meet. **Parents are welcomed/encouraged to participate in the morning runs!**

Other track and field practices are also starting. As soon as we know who is coaching which events and the practice times, we will put that information on the school's website.

Events are:

High Jump

Shot Put

Long and Triple Jump

Discus (Pee Wees and Bantams only)

Relays

Morning Runs Coaches are: Mrs. Spoor, Mrs Laskiwski, Ms Clackson, Mrs. Fisher, and Mr D.

***CP is always looking for parents to help coach (we can train you)– if you want to volunteer to help coach a track event, please contact Mrs. Bonn or Mrs. Spoor – no specialized training necessary!**

Sprint Afternoon (the students who wish to participate go out to participate in 80 and 100m sprints is: TBA

Mini Meets are:

Thursday May 4 at the South Surrey Track

Thursday May 18 at the South Surrey Track

Wednesday May 24 – at the South Surrey Track

*All are at the South Surrey Track: leaving time is TBA either 2:00 or 2:40pm. Mini Meets will end at approximately 5:30pm)

District Track Meet is: Monday June 5– all day. In the event of a “rain-out”, the new date will be Friday June 9

I give permission for my child _____ in grade ____ div: _____

To participate in the morning runs, event practices, and the track and field mini meets: please sign _____

I am willing to drive students to mini-meets: YES / NO (I will put you on an email list and ask for volunteers week by week-no grand commitment just yet.

email: _____

*Please return to Mrs. Bonn