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## 925 Boul. Du Plateau, Gatineau, Quebec J9J 3G2

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TRACK & FIELD INFORMATION SHEET

Dear Athletes & Parents; March 2019

Welcome to the world of Track & Field! Please see the bulletin board for any additional info, or my web site: jacksonsymmesmath.weebly.com

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| **Practice Schedule** | | | | |
| **Tuesdays** | **Tuesdays**  (Run Club) | **Wednesdays**  \*late April | | **Thursdays** |
| 6:50am | 3:40 – 4:30pm | 1:40pm | 3:15 pm | 6:50am |
| Symmes Gym | D’Arcy  Parking Lot Door | Meet @ PE office, Field | Lord Aylmer school | Symmes Gym |
| Ms. Jackson  Ms. Amorosa | Mr. McAneney  Mr. Boushel | Mr. C. Reid | Mr. Contreras | Ms. Jackson  Ms. Amorosa |
| ALL | Distance | Throwers | Jumpers | ALL |
| Technique,  Power,  Speed,  Flexibility | 2- 5km  Sustained run  Aerobic Capacity | Javelin  Shot put  discus | High Jump  Running Long Jump  Triple Jump | Technique,  Power,  Speed,  Flexibility |
| **RSEQ**  **Meet** | Fri. May.17 8 am – 5:30pm Mont Bleu H.S. Track, Hull  Symmes/D’Arcy shirt, permission form are required for competition. | | | |
| **Provincial**  **Meet** | Usually first weekend in June. Students are selected based on placing, + number of wins. Bus provided. Students sleep at highschool with RSEQ supervisors. | | | |

A big thank you for getting your child to morning practices! You are contributing to your child building healthy lifelong habits that can be sustained throughout their lives.

Please sign up for our Remind. Download the Remind App, text #613-209-0694 and request to join @sdtrack18, or on the web rmd.at/sdtrack18

**Coaching Team:**

Sarah Jackson *Technique, Short and Long Distance* sjackson@wqsb.qc.ca

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Adam McCaffrey *Manager*  amccaffrey@wqsb.qc.ca

Matt Greer *Athletics Coordinator* athletics@symmesdarcy.com