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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’ArcyParking 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- 5kmSustained runAerobic Capacity | JavelinShot putdiscus | High JumpRunning Long JumpTriple Jump | Technique,Power,Speed,Flexibility |
| **RSEQ****Meet** | Fri. May.17 8 am – 5:30pm Mont Bleu H.S. Track, HullSymmes/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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Craig Reid *Throwing* creid@wqsb.qc.ca

Eugene Contreras *Jumping*  econtreras@wqsb.qc.ca

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

Matt Greer *Athletics Coordinator* athletics@symmesdarcy.com