

Important Track Information

Coaches: Jennifer Klein, Keith Rugh, Chris Leupold

We are so excited to see over 60 kids signed up for track this year! We plan to teach skills and have the kids perform fun drills that should help them in almost any sport, even if they don't LOVE running. In order to create an efficient practice, we will need parent help. Please see the sign up genius from the Knight Chronicle. If I have enough help, we will be able to take the middle schoolers out on a short neighborhood jog to warm up!

Please make sure all paperwork for your child is completed. Also remember appropriate running attire and water for practices. Mrs Gomez has approved for all elementary track participants to wear their PE uniforms to school on Tuesdays!

Practices:

Tuesday 3:15 to 4:30 pm at BSS

Sunday 4:00 to 5:00 pm at Williams High School (optional, but encouraged) This is not a drop off. An adult must be responsible for your child. Parents are encouraged to hang out or run a few laps if you want!

Important dates:

Sunday, 4/2/17, 3:00 pm. Track meet against OLG at Williams High School

Friday, 5/12/17, time TBA, Final PECSAA track meet at Bishop McGuiness in Kernersville

Uniform for both meets: "Knights Athletics" shirt and PE shorts

******Just like all of the other PECSAA tournaments this year, BSS IS IN CHARGE OF THE TRACK MEET AT BISHOP. That means we will need all available parents help that Friday afternoon/evening. Thank you in advance! This is a super fun and face paced evening.**

Track events:

- A. 3 sprints: 50 meters, 100 meters, 200 meters
- B. 4 x 100 meter co-ed relay
- C. Broad jump (elementary) and long jump (middle school)
- D. 4 x 200 meter relay (middle school only)
- E. 400 and 800 meter run (middle school only)

All children will be able to race at the meet against OLG. However, PECSAA rules limit participation at the Bishop McGuiness meet to only 1 boy and 1 girl in each grade per event. Please be aware and let your child know that not everyone will be able to race in that meet but each are a vital member to our team. (This is the reason we created a dual meet against OLG). It is very difficult

assigning these events. We do not take it lightly and we do consider the feelings that may be hurt. Our goal for this last meet is to maximize the amount of points attained by utilizing the fastest or most efficient runners. Although we base our decisions on individual performance at practices, we do try to place as many kids in events as possible and will need back up runners/jumpers and a support team. Event assignments will be given out the week before the PECSAA meet.

Please email Coach Klein as soon as possible if your child is unable to participate in one of these meets. Feel free to reach out to any of the coaches if you have any questions or concerns.

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