



# Coming Soon!!



## **MCS KNIGHTS Track & Field!! Don't miss out on the fun...**

**\*\*Mandatory Pre-Season Meeting on Friday, March 2nd!!\*\***

Track and Field is just around the corner!! This season will be great whether it's your first or fourth! Track is NOT all running... We do games, relays, field events, core work, drills, skills, activities that will benefit you for any and every sport out there! One of our favorite things is "Z question of Z day", which can earn you a treat... The ultimate goal of T&F is to help each individual athlete grow their potential while having fun and getting personal results.

Track and Field practices three times a week beginning Monday, March 12th (usually two week days and Saturday). Practice times vary but mainly will be right after school from 3:30-4:45PM. There will be potentially 5 meets to attend, all but one on Saturdays. We will also have a home meet again this year!

There are events for everyone in T&F— they range from sprints (short runs), longer runs, several relays, and field events. With the exception of a couple, all events are grade and gender grouped (i.e. 5th grade boys 200M), and athletes are allowed 4 events per meet, which can change over the course of the season. We are intentional about helping each athlete find the right balance so they can try the events they are interested in. Ask ANY of the "veterans" of the team, T&F is a BLAST!!

**\*\*\*The \*MANDATORY\* preseason meeting will be on Friday, March 2nd at MCS @ 6:30PM for Rookies, "veterans" joining us at 7pm for an all-team meeting until 7:30PM. \*\*\***

Questions?? Contact Janel Klingsheim, T&F Head Coach at:

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