

# THE CHRIST SCHOOL TRACK AND FIELD 2017

## **Eligibility:**

Boys and girls in grades 5-8 may compete on the Christ School Track and Field Team. No prior running experience is required. All athletes must have FHSAA paperwork which includes a sports physical form signed by a physician.

## **Events:**

Athletes may compete in the following events: long jump, high jump, discus, shot put, 100 meters, 1600 meters, 4x100 relay, 400 meters, 800 meters, 200 meters, 4x400 meter relay, and the 4x800 meter relay.

## **Equipment:**

Athletes must bring a comfortable pair of running shoes and a positive Christian attitude. Bring a bottle of water or Gatorade to every practice.

## **Practice:**

When: Mondays & Wednesdays – 4:45-6:00pm (First practice Jan. 23)

Saturdays - 8:30am-10:00am

Where: Most practices will be held at Boone High School Track

Dates: 1/25, 1/28, 1/30, 2/1, 2/4, 2/11, 2/18, 2/22, 2/25,

3/1, 3/4, 3/8, 3/11, 3/15, 3/29, 4/1, 4/3

Practice times for the following dates will be 4:25-5:30pm

2/6, 2/8, 2/13, 2/15, 3/15, 3/29

End of Track Celebration on Wednesday, April 5

**The first practice on January 23 will be held in the gym at The Christ School.**

**Practice will run from 3:45-4:45pm.**

**Parents (at least one parent) will need to be in the gym at 4:45pm for an orientation about track & field, protocols and expectations. This orientation will last approximately 15 minutes. Coach Van Gelder and Coach Giti will provide an overview of the events as well as outline expectations for students and parents. They will also answer any questions.**

## **Meets: Meets begin at 4:30pm**

Feb. 28 @ Trinity Prep

Mar. 6 @ Trinity Prep

Mar. 13 @ The First Academy

Mar. 27 @ Lake Highland

April 4 @Lake Highland Championship Meet

## **Goals:**

Athletes will learn the fundamentals of distance, sprinting, and field events. Each athlete will set goals and attempt to achieve personal records at each of the meets.

## **Expectations:**

Athletes are expected to arrive at practices and meets ON TIME. Athletes must notify Coach Van Gelder or Coach Giti if they will miss a practice or a meet.

Registration form is due prior to first practice and FHSAA forms are due prior to first competition. If you have already participated in a TCS middle school sport other then flag football this year you have already turned in your sports physical form.