



April 11, 2019

Dear Parents/Guardians:

REVISED VERSION – please note new days for ** items below

As part of our school's preparation for the upcoming Regional Track Meet on Wednesday, May 8, 2019 (rain date Friday, May 10), **we are starting our track practices Monday, April 15** as follows:

Event	Grades	Monday	Tuesday	Wednesday	Thursday	Friday
Softball Throw	4, 5	8:15 (Melan)		8:15 (Melan)		
Shot Put	6, 7			12:25 (Hope)		12:25 (Hope)
Long Jump	4, 5	12:25 (Weger / Ke)		12:25 (Weger / Ke)		
Long Jump	6, 7		12:25 (Mischke / Nielsen)		12:25 (Mischke / Nielsen)	
Distance Running	4, 5, 6, 7		** 8:15 ** (Warnock / Lachance / Rempel)		8:15 (Warnock / Lachance)	
Sprints/Relays	4, 5	** 8:15 ** (Poirier / Cheng)		12:25 (Poirier / Cheng)		
Sprints/Relays	6, 7	8:15 (Bains / Derodra)			8:15 (Bains / Derodra)	

Students will need to ensure they come fully prepared for practices, i.e. having a light breakfast and ensuring they come with proper training clothes (sweatshirt or jacket, track suit, running or yoga pants, shorts), shoes (**no** skater shoes, basketball shoes, or street runners, i.e. Converse), a water bottle and small snack to have before school (i.e. yogurt, fruit, sandwich, milk, etc). Please **do not** send your child with Gatorade or Powerade-type drinks. For those students who have puffers/inhalers, please ensure those are with your child as well.

For students in grades 4 – 7 who wish to be selected to be in **ANY** event in the track meet they **MUST** regularly attend all practices to be given the opportunity to represent Pinewood Elementary at the track meet. Attendance will be taken at all practices. Effort and attitude at practices and results of timed races, run-offs, jumps, and throws will also be taken into consideration when selecting participants for the track meet.

Please sign the permission form below and return to the school office by **Wednesday, April 17, 2019**.

Sincerely,

Mr. J. Hope
Principal (on behalf of Pinewood's Coaching Team)



✂️***** Please complete and return by Wednesday, April 17, 2019 *****✂️

TRACK & FIELD PRACTICES PERMISSION FORM

I (We) give permission for my son/daughter _____ Gr. _____ Div. _____ to participate in track practices at Pinewood Elementary. Please have your student indicate below which events they would be interested in participating in at the meet (**max 3 running/field events plus 1 shuttle/relay = 4 events max.**). Coaches will take this into consideration when placing students. Coaches will choose the relay/shuttle teams.



These are the events (marked with a ✓) available for each grade level:

Gr.	60 m	100 m	200 m	300 m	600 m	800 m	1200 m	60 m Shuttle Relay	60 m Mixed Age Shuttle Relay	4x100 m Mixed Gender Relay	4x100 m Relay	Medley Relay	Long Jump	Softball Throw	Shot Put
4	✓	✓			✓			✓	✓	✓	✓		✓	✓	
5	✓	✓	✓		✓			✓	✓	✓	✓		✓	✓	
6		✓	✓	✓		✓	✓		✓	✓	✓	✓	✓		✓
7		✓	✓	✓		✓	✓		✓	✓	✓	✓	✓		✓

My son/daughter is interested in participating in the following events:

1. _____
2. _____
3. _____
4. _____

Printed Name of Parent/Guardian _____

Signature of Parent/Guardian _____

Phone # / Cell Phone # _____

Date _____