

## **SJRS Track & Field 2018**

Running events and relays...shot put, discus, long jump, high jump...Track & Field offers the chance to try any of these activities!

Track & Field is open to boys and girls in grades 5-8. There are two purposes of the Track & Field program at SJRS: 1.) to introduce students to the running and field events that are featured at meets and 2.) to prepare them for high school competition.

The cost of registration is **\$40 per student for uniforms, team equipment, and meet registrations**. Checks should be made out to SJRS. Please return this form and the registration fee to the school office by Friday, March 20.

Practices will be held on Wednesdays at Pembroke Academy's Track facilities from 4:30-6:00 P.M (rain or shine!). In addition, athletes are expected to complete 1-2 home workouts each week. Parents are encouraged to volunteer at meets and practices. In a typical week, there will be one team practice and one meet. In our league, each school competes in five meets.

This is what our schedule looks like:

**Wednesday, April 4 Practice @ Pembroke Academy (4:30 P.M.-6 P.M.)**

**Monday, April 9 Meet @ Winnisquam (4 P.M.)**

**Wednesday, April 11 Practice @ Pembroke Academy (4:30 P.M.-6 P.M.)**

**Monday, April 16 Meet @ Winnisquam (4 P.M.)**

**Wednesday, April 18 Practice @ Pembroke Academy (4:30 P.M.-6 P.M.)**

**Tuesday, May 1 Meet @ Newfound (4 P.M.)**

**Thursday, May 3 Meet @ Laconia (4 P.M.)**

**Wednesday, May 9 Practice @ Pembroke Academy (4:30 P.M.-6 P.M.)**

**Wednesday, May 16 Practice @ Pembroke Academy (4:30 P.M.-6 P.M.)**

**Thursday, May 17 Meet @ Kearsage (4 P.M.)**

**Monday, May 21—Championship Meet (Location TBD) (4 P.M.)**

Thanks!

Mr. Larochelle

*(see next page for signup)*

**SJRS Track & Field Sign Up Sheet**

Student name \_\_\_\_\_ Grade \_\_\_\_\_

Shirt Size (circle):    YS    YM    YL    S    M    L    XL

Parent(s)

\_\_\_\_\_

Parent phone(s)

\_\_\_\_\_

Parent email

\_\_\_\_\_

Parent signature

\_\_\_\_\_