

St. Matthew's Sports Newsletter #26

Monday, April 8th

BRING ON TRACK & FIELD SEASON. Hello everyone, all the coaches look forward to a fun and exciting Track & Field season!!

Sibling Note: The coaches at track practices cannot supervise siblings - including younger siblings, during practices. We are sorry, but siblings should not be dropped off at morning practices, or wait around till the end of afternoon practices. I know this is challenging for some families, but there is no way that proper and adequate supervision can possibly take place while coaches are coaching.

Field Events Practice: Shot Put (and discus) will take place at St. Matthew's Big Toy area. Long Jump practice will take place at Surrey Christian Elementary School and later at Frost Road Elementary School starting on April 22nd. It is open to all students in Grades 3-7 who would like to develop their skills in this event.

Please Note: There are limited entries at most meets (4 athletes or less), so everyone should be aware that they may not get a chance to compete in several events at every meet, especially if many athletes in a grade are trying these events.

TEAM = Together Everyone Achieves More

Weekly Schedule ---- March 8th to March 12th

	Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th
Morning 7:45 am (unless noted)			Shot Put (SP), Discus (D) practice @ Big Toy 7:50-8:30 am		
Lunch 12:05-12:35		Gr. 4 High Jump Practice		Basketball Pizza Lunch	Gr. 5 High Jump Practice
Afternoon Running 3:00 - 4:15 Field 3:00 - 4:00	Shot Put (SP), Discus (D) practice @ Big Toy 3:00-4:00 Long Jump (LJ) @ Surrey Christian field 3:00-4:00pm		1st Running Track Practice @ Holy Cross Track (Grades 3-7) 3:00-4:15pm		Running Track Practice @ Holy Cross Track (Grades 3-7) 3:00-4:15pm

Track Divisions:

- 8 Year Olds = Grade 3
- 9 Year Olds = Grade 4
- 10 Year Olds = Grade 5
- 11 Year Olds = Grade 6
- 12 Year Olds = Grade 7

Upcoming Events:

- Tuesday April 30th St. Bernadette's Track Meet @ South Surrey Athletic Park - Details coming
- Monday May 6th St. John Brebeuf Meet @ Rotary Stadium Abbotsford - Details coming
- Monday May 13th Knights of Columbus Meet @ McLeod Athletic Park Langley - Details coming