

St. Matthew's Sports Newsletter #27

Monday, April 15th

TRACK & FIELD WEEK #2. We are well on our way towards preparing for our first track meet, St. Bernadette's Track and Field Meet on Tuesday April 30th at South Surrey Athletic Park. Details went home at Friday's practice and can be picked up Monday if you did not receive it yet.

Field Events Practice: Shot Put and Discus will take place at St. Matthew's Big Toy area usually twice a week- one morning practice and one after school.

Long Jump practice takes place once a week at off site locations due to the poor condition of the usual Holy Cross long jump area. This Monday April 15, practice will be at Surrey Christian ending at 4:15.

Please Note regarding Track Meets: 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.

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.

TEAM = Together Everyone Achieves More

Weekly Schedule ---- April 15th to April 19th

	Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 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	Gr. 6 & 7 High Jump Practice		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 3:00-4:14pm			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
- 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