

St. Matthew's Sports Newsletter #28

Monday, April 22nd

TRACK & FIELD WEEK #3. We now have one more practice before our first track meet, St. Bernadette's Track and Field Meet on Tuesday April 30th at South Surrey Athletic Park.

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 this Monday April 22, at Frost Road Elementary School ending at 4:15.
SEE THE LONG JUMP MESSAGE SENT OUT ON REMIND APP

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.

TEAM = Together Everyone Achieves More

Weekly Schedule ---- April 22nd to April 26th

	Monday 22 nd	Tuesday 23 rd	Wednesday 24 th	Thursday 25 th	Friday 26 th
Morning 7:45 am (unless noted)			Shot Put (SP), Discus (D) practice @ Big Toy 7:50-8:30 am		STUDENT LED CONFERENCES NO CLASSES TODAY
Lunch 12:05-12:35		Gr. 6&7 High Jump	Gr. 4 & 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) @ Frost Road Elementary 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
- 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