

March 21, 2017

Dear Families,

Your child has expressed an interest in participating in track and field. We will be hosting **running practices on Tuesday and Thursday mornings, from 7:45-8:30, starting April 4 at the Brockton Stadium (north on Brock Ave).** Tuesdays will be sprinting and relay practices, Thursdays will be long distance practice (400m, 800m, 1500m and 4x400 relay). Please meet at the school, and we will go to the track together. The weather can be very unpredictable, so please help your child to dress appropriately. A wooly hat, small gloves, and sweaters in layers will be the best options for practice. Please see the attached calendar. If it is raining, running practice is cancelled.

Students in grades 4-8 are welcome to come to running club. Students must have a signed permission form to participate in practices. **Attendance is mandatory at practices if you are serious about making the team.** Our first meet is very early, and we don't have much time to train. Long distance runners need to build endurance and prepare for their challenging events. If you have any conflicts, please speak to Ms. Samuel directly.

Practices for the field events (standing jump, running long jump, triple jump and safety javelin) will take place during lunch time at school on Wednesdays and Fridays from 12:10-12:45.

It is important to understand that not all students who practice will be invited to join the team and attend the meets at Birchmount Stadium. Our team will be chosen based on time trials, jump trials, responsibility and good behavior at school. Please know that schools are only allowed to enter **1 girl and 1 boy for each event per grade.** For some events, there are 4 wildcard spots available. Students can participate in 2 events plus 1 relay. The Brock track and field coaches will have to select these spots based on the strengths of our athletes.

Events and dates are as follows:

- **Grades 4-6:** 80m, 200m, 400m, 800m 1500m, 4X100m relay, standing jump, running long jump, triple jump.
- **Grades 7-8:** 100m, 200m, 400m, 800m, 1500m, 4X100m relay, 4X400m relay, running long jump, triple jump, safety javelin.
- **Conference Qualifier-May 4 @Birchmount.** Only top 3 advance to Conference Finals
- **Conference Finals-June 7 @Birchmount.** Only top 4 advance to City Finals
- **Ctiy Finals-June 13 @Birchmount.**

Thank you for your continued support of athletics at Brock.

Actively yours,  
Ms. Samuel