



# Clinton Athletics

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- **Spring Sports Shout-Out:**

To our grade 4/5 and 6 **Badminton Teams**, who are both practicing hard for their upcoming tournaments. And a shout-out to the Clinton **Swim Team**. Thanks to coaches Ms. Wu, Ms. Hutchinson, & Ms. MacDonnell.

- **Jump Rope for Heart** day is April 6th. Please help Clinton students in their fundraising efforts for the Canadian Heart and Stroke Foundation.

- **The Clinton Running Club resumes!** Come join us for a friendly jog on Tuesdays and Thursdays at 8:00AM. See the website for permission form and details.

*See [clintonpublicschool.ca](http://clintonpublicschool.ca) for information about sports at Clinton.*

## April

### Upcoming Events

- ☺ Track and Field Meet 1: May 10
- ☺ Badminton Tournaments: TBA
- ☺ Jump Rope for Heart Day: April 6th
- ☺ Canadian Wheelchair Basketball presentation April 28.
- ☺ Brush-a-mania presentation April 4th (primary)
- ☺ Spring Sports begin: Track and Field, Soccer, Cricket, Ultimate

## CLINTON PHYSICAL EDUCATION

In April: students learn  
**TRACK AND FIELD SKILLS**

Unscramble this popular Track and Field event:

**H O T S T U P**



### House League News

- ☺ Winter-Spring House league sports are in session.
- ☺ Grade 1&2: Indoor Soccer
- ☺ Grades 3&4, 5&6: Tchoukball

## ACTIVE LIVING



Olympic Gold medal winner Marielle Thompson and Clinton student Nathan at the Ski Cross World Cup (Blue Mountain)

### HOW DO YOU STAY ACTIVE IN THE SPRINGTIME?

Send me a photo of you and your family staying active for my next newsletter AND YOU COULD WIN A NEW FOOTBALL!

March winner: Nathan!



## HEALTHY LIVING

### Ask a Kindergartener

**Q: How do we stay safe on our bikes?**

Stay on the bike path. (Lyle)

Don't stand on your bike.. Just sit on it! (Mateo)

Don't go on the slippery stuff. (Elliot)

We have to turn when there's rocks. (Ezra)

Don't step off the bike when it's still moving. (Ayla)

Have a helmet on. (Rhys)

**Q: What does "Family" mean to you?**

It's people who live together. (Isadore)

It's for loving. (Larkin)

You need a family so you can buy beds. (Jack)

A family is to protect you. (River)

A family is LOTS of people protecting you! (Lyle)

Keeping care of somebody. (Noa)

## Current Practices

- ☺ Track and Field (see page 4)
- ☺ Badminton Team
  - Grade 4/5 M/T 3:30-4:30
  - Grade 6 M/T 3:30-4:30



**Secondhand smoke can cause serious health problems in children.**

- Children who breathe secondhand smoke may get bronchitis and pneumonia.
- Wheezing and coughing are more common.
- Secondhand smoke can trigger an asthma attack.
- Children whose parents smoke around them get more ear infections.



**Parents can help protect their children from secondhand smoke.**

- Do not allow anyone to smoke anywhere in or near your home.
- Do not allow anyone to smoke in your car, even with the window down.

[www.cdc.gov](http://www.cdc.gov)

## Run

## Movement Skills

A quick leg movement where for one moment in each step both feet are off the ground.



- Lean the body slightly forward and look ahead
- Raise lifting knee high
- Contact the ground with the heel when running slowly or with the ball of the foot when running quickly
- Push off with the balls of the feet
- Swing arms backwards and forwards from shoulders with arms at hip height
- Bend elbows at right angles and move them in opposition to the legs

## Trap (Strike with Feet)

## Movement Skills

Contacting a ball with the foot to bring it under control.



- Get ready to receive or intercept the ball
- Keep the eyes on the ball
- Move into the path of the ball, with the body behind it or slightly to the side of it
- Present a surface to trap the ball
- Trap the ball with the instep of the foot or the sole of the foot
- Absorb the impact with the foot if using the instep

# 2017 TRACK AND FIELD INFORMATION

**Note:**

- ◆ As of this year, all TDSB elementary track and field meets are only offered for **junior-level students: Grades 4,5,6.**
- ◆ Clinton junior students will have the opportunity to try out for various events in April.
- ◆ There will be a **Primary Clinton Track & Field Fun Day** in May (date to be determined) for grade 1-3 students.

**Important TDESAA Dates:**

South Qualifiers: May 10th

South Finals: June 7th

City Champs: June 13th

## Events

	<b>COACH</b>	<b>TRY-OUTS and PRACTICES</b> (starting April 10)
<b>TRACK</b>		
80m	Ms. Dickson	Wed. 8:15AM *
200m, 400m	Ms. Guay	T/Th 3:30-4:15 *
800m, 1500m	Mr. Ball, Ms. Lavallee	T/Th 8:00AM *
4x100m relay	Ms. Weger	M/F 8:10AM *
60m Hurdles	Mr. Ball	M/W 3:30-4:00 *
<b>FIELD</b>		
Triple Jump	Mr. K	T/Th 8:20AM
Standing Jump	Ms. Iliopoulos, Mr. Ball	T/W 3:30-4:00
Running Jump	Ms. Cook	T/Th 12:00PM
Shot Put	Mr. Ball	M/Th 11:50AM

\*Students in track events will also attend Mr. Ball's Running Club (T/Th 8:00AM)