

# Clinton Athletics

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Clinton St. School  
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- **Spring Sports Shout-Out:**

"Big Ups" to all the fantastic coaches at Clinton who donate their time to our young athletes. And a shout-out to our Primary and Junior Chess teams.

- **Jump Rope for Heart**

Jumpin' Jehosaphat!! We raised almost \$3000 for the Heart & Stroke Foundation! Way to go Skippers!

- **Clinton Track & Field...** Has been complicated this year due to the many students at Island School. See the sports board for up to date information and practice times.

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

## May 2017

### Upcoming Events

- ☺ Track and Field Meet  
May 10 @ Birchmount
- ☺ Canadian Wheelchair Basketball presentation April 28.
- ☺ Spring Sports begin: Soccer and Ultimate
- ☺ Clinton Primary Track & Field Day June 2nd.

## CLINTON PHYSICAL EDUCATION

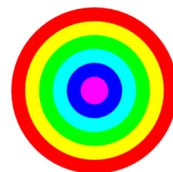
### House League News

- ☺ Junior 3-on-3 basketball tournament... Coming soon! Prizes courtesy of Toronto Raptors
- ☺ Fitnessgram pacer test challenge!

In April: students learn  
**TARGET SKILLS**

Unscramble this popular TARGET sport:

**G L I N W O B**



## ACTIVE LIVING



Clinton students enjoying the natural beauty of Toronto Islands

Christie Pits Park



## HOW DO YOU STAY ACTIVE IN THE SUMMERTIME?

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

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## HEALTHY LIVING

### This month we study HUMAN DEVELOPMENT

Names of body parts, hygiene, healthy relationships, puberty, and the reproductive system (see the [Ontario curriculum](#) for details).

### Ask a Kindergardener

Q: How do our bodies change as we get older?

*The bones grow (Soren)*

*They get wrinklier (Fisher)*

Q: What are some differences between children and grownups?

*They get hair on them (Brian)*

*You grow a moustache (Thomas)*

*Babies drink milk and grownups drink wine (Liliana)*

## Current Practices

- ☺ **Track and Field:** See page 4 for schedule
- ☺ **Girls' Soccer:** T/Th 3:30PM (Mr. Currie)
- ☺ **Boys' Soccer:** M/W/F 8:00AM (Mr. K)
- ☺ **Co-ed Ultimate:** M/W 3:30PM (Mr. Rewega)
- ☺ **Running Club:** T/Th 8:00AM (Mr. Ball)

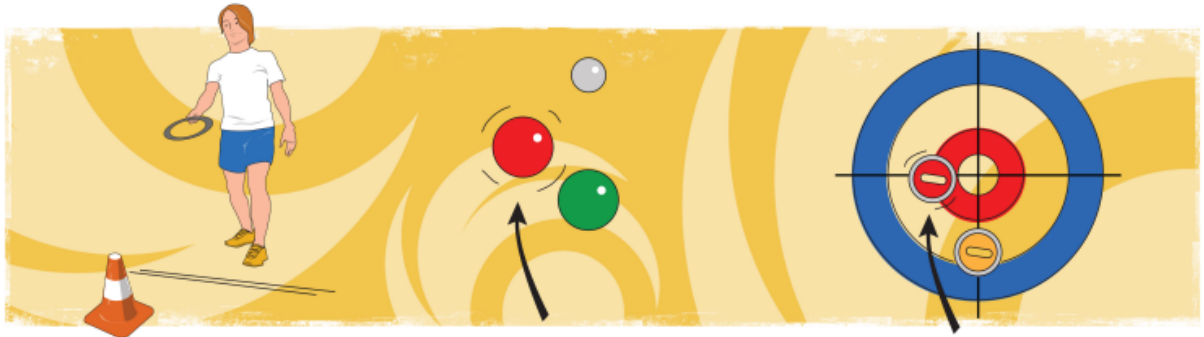


### Regular physical activity:

- Helps build and maintain healthy bones and muscles.
- Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular diseases.
- Reduces feelings of depression and anxiety and promotes psychological well-being.
  - Helps improve students' academic performance, including
    - Academic achievement and grades
    - Academic behavior
    - Factors that influence academic achievement (e.g. concentration and attentiveness in the classroom.)

www.cdc.gov

Activities which require accuracy and control. Players attempt to send an object to a target, while avoiding obstacles, to get their object closer than their opponent's to the target.



progression of

simple:

- Close proximity to target (offensive)

Sends and aims for accuracy towards a target of appropriate size and distance

moderately complex:

- Avoiding Obstacles (offensive)

Manipulates an object with spins/turns to avoid and get around obstacles

complex:

- Defending Space (defensive)

Defends space by placing obstacles in the way to make it difficult for the opposition to hit the target in order to maintain an advantage



**The Clinton Running Club**  
meets Tuesdays and  
Thursdays at 8:00AM



# 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). There will be a **Primary Clinton Track & Field Fun Day** June 2nd 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	M/W 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 should also attend Mr. Ball's Running Club (T/Th 8:00AM)