**WHITE ROCK ELEMENTARY**

**TRACK AND FIELD 2018**

**General Information:**

1. Start date for all events would be Mon. April 16. Middle Distance/Running Club could begin any time before that date. School Wide Runs-students preparing for track and field SHOULD BE RUNNING DURING THIS TIME!
2. Any teachers/parents/admin. Volunteers should speak with Mr. O’Malley soon so that the master practice schedule can be completed. If you know of anyone in our community who would like to volunteer, please direct them to Mr. O. He will speak individually with teachers this week about voluntary coaching and will be available Wed. April 4 at 2:45 PM if anyone wishes a full information session.
3. Coaching clinics for those interested will be held at Crescent Park Elementary at 3:15 PM. Wed. April 4-High Jump, Wed April 11-Shot Put and Discus, and Wed April 18-Long Jump and Triple Jump.
4. Our program is open to all students from Grades 3 to 7. Some Grade 2’s have participated in the past with parent/coach/teacher/admin. Consultation. PLEASE encourage your students to join (several times even!) There is no cost to students or parents. We run all-comer track meets/mini meets/track day with no qualification required. The District Meet does require qualification standards because of numbers.
5. A registration-permission package will be provided to all students and their parents by Mon. April 9. This will contain permission for all practices as well as meets and transportation arrangements. Reminders to return permission forms can be made via student planners or class websites. The office will collect and collate these forms.
6. The dates for meets have been booked through Surrey Parks and School District PE Dept. (Sean Juteau). We thank him for his efforts on our behalf.
7. Meet information: Thursday May 3, 1st Mini Meet @ 1:30 PM, S. Surrey Athletic Track, Wednesday, May 9-WRE Track Day @ 9:30 AM – 1:30 PM @ Surrey Athletic Track with Chantrell Creek, Ocean Cliff and Crescent Park. This Track Day involves all our Gr. 3 to 7’s being asked to participate as part of the P.E. program. This year a MAKE-UP DAY have been booked for Thursday, May 10 in case of inclement weather. Transportation will be provided by parent drivers or by walking. Tuesday, May 22-2nd Mini Meet @1:30 PM @ Surrey Athletic Track. The final meet is the District Meet @ Bear Creek Park all day on Tues, June 5 (MAKE-UP DAY IS THURS, JUNE 7). Please note the start times for the meets because they may involve some of your students leaving the school campus early on these dates.
8. Lastly, thanks to all staff members who have volunteered to coach this year and thanks to all teachers for your co-operation and support for the program and your encouragement of our students. Remember, you can never take the rock out of a White Rocker!

**Track and Field Best Practices Reflections**

1. Avoid pressuring kids by employing the Personal Best approach. It’s supposed to be fun!
2. Have a SEASON with big participation in three ways:
   1. Mini Meets
   2. Dual Meets. It can be just track or just field events or both. It can be hosted at your school or a nearby school or at a track facility.
   3. Track Day hosted at your school, partner school or one of the four track facilities in Surrey.

*My personal favorite is the Mini Meets, but all three ways are good. They are the best ways to learn Track Etiquette and develop spirit in a low pressure environment. As coaches you will be able to see your athletes perform and help them improve their training. Having meets at or near you schools helps to overcome the transportation problem.*

1. In order to make the season plan work there are some important organization tips:
   1. Get administration on board for the start times for mini meets, dual meets or track day. These types of meets will not work with late starts after school. The latest that I recommend for a start would be 1:30 PM. This allows kids who have soccer, baseball, dance, gymnastics, etc. That are scheduled late in the afternoon to participate in meets.
   2. Have everything ready to go for these types of meets in advance. You will have to take come of your own equipment.
   3. Book these types of events early in the season to avoid stress and have a program or schedule in mind.
   4. Build alliances with nearby schools and within your own school. There are lots of people in the district who are skilled in athletics and organization.
   5. Reciprocate! When someone invites you to a meet, invite them to a meet hosted by your school. You can use the same schedule.
   6. Ribbons are a great motivator for track meets. Country Press is the best source and schools should split the cost. (Allan-Ph # 604-517-8513).
   7. Mini meets, dual meets, and track days should be for all-comers. No roster planning and no limits on events. Kids make up their own relay teams. They may be mixed teams with boys and girls or different age groups as long as the team runs in the older age group. Your school would be able to have multiple relay teams in each grouping.
   8. You will need two meetings to organize for these types of events. One to give out schedules, permission/ride forms, and sign up for events, and a second one to finalize rides. One of the best ways to streamline organization is to have an all in one permission/information form for practices and meets. This means planning and booking facilities in advance of the notice. The kids do the signing-up for events on posters for each of the age/sex categories. These posters are then displayed in a central place in the school where kids can access them. They may decide to change their choices!
   9. Track Day. This has been tried at a number of schools and has been hugely successful. Track Day would be part of the PE program and requires most of a school day. You would need to partner-up with at least two other schools. All students from grade three to seven are eligible. We ask them to take part in at least 3 events on this day. This approach gives the track attack plan a great finale. I have a copy of the Track Day plan for those who would like to try it. It may look like a lot of work but like most track things, it kind of runs itself if everyone does their job.
   10. Arrange for high school leadership students to help run these events. They can be most helpful and we are providing them with the opportunity to fulfill their course obligations.
   11. Management: It is very important that administration support the track program by arranging for early departure and starts for mini or dual meets, covering classes, agreeing to kids being “farmed our”, supporting the goals of healthy living and fitness, and helping with leadership.
       1. The team needs a “Boss”, someone with a finger in every pie, to assure that you know what each kid can do and what they are best at.
       2. Announcements, displays, and uniform allotments could be handled by student leadership students. Permission forms, schedules, buses and rides require office helps.
   12. Coaching: Divide up your practices so that teachers can share coaching of events and stick to the schedule. Recommend the Coaching Clinics to coaches and parent coaches. These are held after school at Crescent Park Elementary and are focused on the Field Events. Not only do we cover the elements of these events, but we also demonstrate how to run and officiate them at a meet. May I add that the presenters top of the line people and excellent company.

**Hjorth Road Elementary Reflection**

One of our key successes for our Track program at Hjorth is how involved our staff gets for this sport. For two years and more, we have had track rotations (stations amongst intermediate classes) after spring break. This is when our intermediate classes come out during the afternoons for track rotations. Each teacher signs up for an event and coaches it for two weeks. Our stations run for a good hour each afternoon. After that, some teachers volunteer to continue coaching with the event they signed on with into the season for track and field. Our secretaries also play an important role since they organize and divvy up class groups so each division gets through all the stations. Before the big event our secretaries print out our labels for us for the big track meet. We have a hand-made life size roster ready so the students don’t miss their events (this is so helpful). We usually have 4 teachers attend the meet in order to have our Hjorth track and field team running. We haven’t done a mini-meet yet since we are such a tiny school plus we lack volunteer drivers. Therefore, we have opted out in the past few years. It may seems like a lot of work for everyone but at Hjorth this is when all staff really come together and join forces.

**Track Essentials**

These are a number of key elements and ideas that I try to check off through every track and field season.

1. Have fun
2. RUN-RUN-RUN
3. Coaching and skill development: one person cannot do it all. The field events break down into long and triple jump, high jump and your throws-shot put and discus. Ideally you can get one or two adults (teachers or parents) to take on one each of the three skills.
4. Running: Part 1. Have a Spring Day (afternoon) will help you decide your 80m, 100m and relay teams. You will need a marshal to set up the heats, a starter and 4-5 judges at the finish line. You may be able to get your local secondary school to send students to help out with judging. Each group comes out together-Tykes, Pee Wees and Bantams. Run heats and a final. You can have lines on your field or simply encourage your runner to run straight.
5. Running: Part 2. 200m track or a smaller track on your field. This can be chalked onto gravel field or made with cones on a grass field-using marking paint to note where each cone goes. Encourage each class to take their students out and time the students in the 200m, 300m, 400m and 600m. Remember the 300m and 600m are for Tykes. Save the 800m and 1500m for the last and possibly only for those who want to try it. Remind your students that there are two ways to run the races: do the best you can and finish the race or run for time because their time is being compared with students in the other classes.
6. Mini Meets/Dual Meets: Mini-meets are the best way to extend participation to all students. Call your neighbour schools and check with Sean Juteau (District P.E. Helping teacher) for available dates. More schools are having track days where they go to a track from 9:00 AM-1:30 PM. Dual track meets with one other school at your school are a great way to start-running only or field only.
7. Selecting the team. If you have students who are best in their group in multiple events get them into five events including replays-you need their enthusiasm. Use the previous year’s results to give you an idea of what the level of achievement is to earn a top 8 result.
8. Remember the season has its ups and downs. As a career coach keep absorbing ideas and adapt them to your style.
9. Planning for a long career at your school and you are building a track program mainly by yourself then begin by focusing on the Grade Three and Four Tykes. You will know if enthusiasm is building when they ask in the fall, **“When does track begin?”**

Good luck,

Ross Davidson