



École Arbutus Global Middle School

School of Choice for Global Education

Sport: Track and Field

Grade: 6-8

Coach(es): - See attached -

Level: All

Coach Contact Info: - see attached -

Practice Day(s)/Times: - see attached -

Game Day(s)/Times: - see attached -

***League information (including Game Day(s)/Times) are also available at
www.lowerislandschoolsports.ca**

Dear Parents:

Your child has signed up to join an after school Arbutus Avalanche sports team. This is great news! The main purpose of our sports teams is to: have fun, experience being part of a team, expose students to new sports and physical opportunities, develop their skills in a sport, teach sportsmanship, and promote lifelong participation in active living. We are glad that your child wants to be part of our team.

Parents are expected to drive athletes to away games. Parents may wish to carpool to games to share the driving. ***We always need drivers to transport athletes to some of our games.** If you are able to drive for a game or coordinate rides for the team, please complete our school's "Volunteer Driver Form" and provide a copy of your Driver's license and insurance to the office if you have not done so already this year. Volunteer drivers are now also required to provide a copy of their ICBC Driver's Abstract and complete a Criminal Record Check. (Forms in the office provide a website and our school access code for parent applicants.) All students require a seatbelt in the car and drivers must have a minimum of \$1,000,000 insurance coverage to transport students. This is relatively easy to do and the school support staff in the office are very helpful in walking you through the process if need be.

It is the player's responsibility to inform the coach if they are unable to attend or are unable to continue on the team. Students must remain up-to-date with their school work in order to remain part of the team.

We ask that if students join the team, they sign and return the **Student Team Commitment Pledge** (see below) to demonstrate their commitment to regularly attend all practices and games, and commit to represent our school as ambassadors with the appropriate sportsmanship, as outlined in the Lower Island School Sports Association Code of Conduct, as follows:

LIMSSA Code of Conduct

Players shall:

1. Treat opponents with respect at all times
2. Play hard, but within the rules
3. Exercise self-control at all times
4. Respect the decisions of the officials without gesture or argument
5. Win with humility, lose with dignity
6. Know that it is a privilege to represent their school and community
7. Recognize and applaud honestly and wholeheartedly the efforts of teammates or opponents regardless of colour, creed or race

Thank you for helping your child play for a school team!

Please detach and return this bottom portion of the form to your coach.

Student Team Commitment Pledge

I, _____ (print student name), make the commitment to join the Arbutus Global _____ Team. I promise to do my best to attend all practices and games. If I cannot make a practice or game, I will do my best to tell my coach beforehand. When I play, I promise to work hard, do my best, encourage my teammates, and practice sportsmanship toward everyone involved, at all times.

Signed: _____ (Student) _____ (Parent)

Phone: _____ Parent Email: _____

- I give my child permission to go on longer (25-30 minute) training runs in the Arbutus neighbourhood with Mr. Lemon on Fridays at 3pm.

2017 Arbutus Track and Field Practice and Meet Schedule

Practice Days/Times: May 2nd – June 7th

Tuesdays – 12:06pm

- **Long Jump/Triple Jump @ Arbutus long jump pit (next to basketball court)** Coach: Gillian Petrini gpetrini@sd61.bc.ca
- **High Jump @ Arbutus gym** Coach: Jeff Larocque jarocque@sd61.bc.ca
- **Shot Put, Discus @ Arbutus field** Coach: Clayton Howe clhowe@sd61.bc.ca

Thursdays – 7:45am:

- **Sprints, Relays, Hurdles @ Arbutus field**
Coach: Jackie Cunningham jcunningham@sd63.bc.ca

Thursdays – 12:06pm

- **Long Jump/Triple Jump @ Arbutus long jump pit (next to basketball court)** Coach: Gillian Petrini gpetrini@sd61.bc.ca
- **High Jump @ Arbutus gym** Coach: Jeff Larocque jarocque@sd61.bc.ca

Friday – 3:00-4:00pm

- **Sprints, Relays, Hurdles @ Arbutus field** <mailto:jcunningham@sd63.bc.ca>
Coach: Jackie Cunningham jcunningham@sd63.bc.ca
- **Middle Distance running @ Arbutus field***
Coach: Alex Lemon alemon@sd61.bc.ca

*Students running 800m, 1200m, 2000m interested in going for longer training runs around the neighborhood please provide specific permission on the bottom of the “Student Team Commitment Pledge”

(see reverse for Uvic Meet Schedule)

League Meet #1 – Thursday, May 11th

Events begin at 4 pm – estimate 6:00 finish

Track events are run oldest to youngest in the order listed below.

800m

200 m

2000 m

Field events are run youngest to oldest in the order listed below. Warm up time will be limited. Please check in with the field event official before you go to track events.

Long jump – girls gr. 6 (pit 1)

Long jump – girls gr. 7 (pit 2)

Long jump – girls gr. 8 (pit 3)

High Jump – boys gr. 6 (pit 1)

High Jump – boys gr. 7/8 (pit 2)

Discus – boys

Shot put (outside stadium near 100 m start)

League Meet #2 – Monday, May 15th

Events begin at 4 pm – estimate 6:30 finish

Track events are run oldest to youngest in the order listed below

100 m

4x100m – practice – no timers (self-time)

Field events are run youngest to oldest in the order listed below. Warm up time will be limited. Please check in with the field event official before you go to track events.

Triple jump – girls (pit 1)

Triple jump – boys (pit 2)

League Meet #3 – Wednesday, May 24th

Events begin at 4 pm – estimate 6:30 finish

Track events are run oldest to youngest in the order listed below.

Sprint hurdles in lanes 3 – 9

1200 m – lanes 1-2

400 m -all 6 groups – waterfall start may be used

Field events are run youngest to oldest in the order listed below. Warm up time will be limited.

Long jump – boys gr. 6 (pit 1)

Long jump – boys gr. 7 (pit 2)

Long jump – boys gr. 8 (pit 3)

High Jump – girls gr 6 (pit 1)

High Jump – girls gr 7/8 (pit 2)

Discus- girls

Shot put- boys

League Meet #4 – Wednesday, May 31st

Events begin at 4 pm – estimate 6:00 finish. Track events are run oldest to youngest in the order listed below.

2000m final**

check results from May 11 online to determine the top 16 runners for the 2000m. (top 16 plus 2 alternates should attend for boys and girls) If your athlete is NOT going to participate contact the Meet Director.

- 4X100 relay qualifying—all schools be prepared to provide workers as zone judges
- other track events as needed to complete
- 4x400 practice races follow if time permits (self-time)

Middle School Track and Field Championships – Wednesday, June 7th

* Arbutus will arrange to walk up to Uvic on Meet days with any students interested *