Track and Field 2014 Schedule

Every practice will begin with a warm up lap, drills, and stretching. We will then split up and rotate between the 4 groups. (high jump, long jump, blocks/sprints, and distance running)
Practices will be **for 2nd graders and 3rd grade Girls from 4:30-5:30** every Monday and Wednesday
Practices will be for **4th graders and 3rd grade Boys from 5:30-6:30** every Monday and Wednesday
Please note that on days of inner squad meets practice times will be longer to provide time for each athlete to participate in each event.

Monday April 28th

High Jump: Introduce the basics, find which side will be best for them to start from, and run in "J" shape.
Long Jump: Introduce the basics, and learn they need to jump from the board.
Blocks/Sprints: Introduce the basics of blocks
Distance: Introduce the basics; athletes will go on a short distance run.

Wednesday April 30th

Inner squad meet
We will record their times, distances, and heights so they can compare their results to a later meet.

Monday May, 5th

High Jump: Jumping from off of one foot and running in a "J" shape
Long Jump: Jumping from the board
Blocks/Sprints: Pushing out of the blocks, running 50m
Distance: 6 minute run

Wednesday May, 7th

High Jump: Jump for height
Long Jump: Speed into the jumps
Blocks/Sprints: Sprinting 20m, 40m, 70m
Distance: 6 minute run

Thursday May, 8th

Track meet against Pleasant Grove
Pleasant Grove High School
Registration is at 4:45pm
Meet starts at 5:30pm

Saturday May, 10th

Hershey Track Meet
Pleasant Grove High School
Registration is at 7:45am
Meet starts at 8:30am

Monday May, 12th

High Jump: Arching their back
Long Jump: Landing forward
Blocks/Sprints: Keeping low in the blocks, running 50m
Distance: Playing a game of tag

Wednesday May, 14th

High Jump: Putting it all together, coaches will help with individual needs they see during jumps
Long Jump: Putting it all together, coaches will help with individual needs they see during jumps
Blocks/Sprints: Putting it all together, running 100m
Distance: 7 minute run

Monday May 19th

High Jump: Putting it all together, coaches will help with individual needs they see during jumps
Long Jump: Putting it all together, coaches will help with individual needs they see during jumps
Blocks/Sprints: Putting it all together, running 50m, coaches will help with individual needs
Distance: 8 minute run

Wednesday May 21st

Final Meet
Inner squad meet
Their times, distances, and heights will be recorded.