

## 2010 NCSA TRACK AND FIELD INFORMATION

March 2, 2010

Dear Runners and their Families,

Track and Field is a wonderful opportunity to improve your personal fitness level. You will learn many techniques that will help you do better in Movement class and other sports, as well as in the classroom. Track and Field is for all ability levels and experience. It does, however, require a commitment to the program. Accountability is a must. If you are doing other after school sports or practices and cannot attend track and field practices, you must communicate with Coach Bec.

**As many of you may already know Ms. Bec broke her ankle last week and will be out recovering until after Spring Break. Track practices will begin Wednesday, March 24 and Wednesday, March 31, from 3:15-4:15 under the direction of NCSA parent Jeremy Jones. Ms. Bec will return after Spring Break, and students will then practice on Mondays and Wednesdays from 3:15-4:30.** During Spring Break, you will be asked to do 3 additional independent practices. These will teach you self-discipline and will make you stronger. You will be your own coach. Feel free to do these practices with other family members/friends/teammates. Safety first—so always let a grownup know what you are doing. These should be 30 minutes in length and include strengthening, stretching and a 20 minute cardio workout. All athletes must bring a water bottle to each practice. Wear appropriate shoes—see Coach Bec to ensure your shoes are the proper type and fit well.

**Dates and times of meets will be given out once practices begin.** Parents are welcome at practices and to help at meets. Events include high jump, long jump, shot put, discus, hurdles, relays, and other running events, including 50, 100, 200, 400, 800, and one mile.

**Cost for the season will be \$45 per student.** Please fill out a registration form and return it with your payment by March 22. Shirts to wear at meets will be issued to students, but must be returned at the end of the season, or parents will be charged \$20 each.

I look forward to working with you and your athletes. If you have any questions, please contact Coach Bec at (530) 798-3222.