

# Canyon Creek

## Track and Field 2019

(For 3<sup>rd</sup> through 5<sup>th</sup> Graders)

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**When: Tuesdays & Thursdays from 3:30-4:30pm**  
**First practice: Tuesday, April 16<sup>th</sup>**

Before the FIRST practice, please be sure you have done the following...

1. Register Online.
2. Read, fill out, and return the **Emergency Information Card** (green) and **Volunteer page** to Mrs. Andrick.

\*Students will not be able to participate in practices or meets until they have registered online and turned in the Emergency Information Card.

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### **Registration Information:**

- FEE: \$35 per student
- Online Registration Link: <https://schoolsales.nsd.org>
- Those who qualify for FREE or Reduced Lunch should contact Mrs. Andrick for the paper registration form. (Registration Fee: \$17.50)

**REGISTER/PAY ONLINE WITH CREDIT CARD** The registration fee can be paid through the district's online credit card payment system called Touchbase. The program allows parents to access their student's online record using their assigned **Touchbase username and password** and pay for track using a Visa, MasterCard or American Express credit card. Parents must contact their school office if they do not have their Touchbase username and password. A \$1.95 convenience fee is assessed during Checkout (not for each item purchased). *Credit card payments in person or over the phone cannot be accepted.*

## Dear Track and Field Families,

We are excited for the start of our 2019 Track and Field Season!  
Here are a few details about the upcoming season...

### **Practice:**

Tuesdays and Thursdays (unless there is a Meet on Tuesday) from 3:30-4:30pm.  
We will meet in the GYM, then head out to the field. At the end of practice, meet your athletes at the parent pick-up area **no later than 4:30pm.**

### **Meets:**

Our meets are on Tuesday. *On days of MEETS, go home at 3:30pm and then arrive at the location of the meet by 4:20pm to allow time for traffic, parking, to stretch as a team, and receive last minute instructions. All meets start at 4:45pm and will end at approximately 6pm. **Please Note:** You may NOT drop your child(ren) off at the Meet location. An adult MUST stay at the Meet with their child(ren).*

**Attendance:** Attendance is taken at the beginning of each practice.

**School District Policy:** Students are not allowed to participate in the Meets if they are absent from school on Meet days.

**Behavior:** Track and Field is an extension of our school day. Our Canyon Creek Rights and Responsibilities are expected and apply during our practices and meets.

**Practice Attire:** The athlete's clothing should allow for freedom of movement. Each athlete is responsible for having proper shoes. No cleats are allowed for Elementary Track. Running shoes are most important and should be made specifically for running (good arch support, flexible, and light weight).

**Track and Field Jersey:** A Canyon Creek jersey will be provided for each team member. **At the conclusion of our season, each athlete will be responsible for cleaning and returning their jersey.** In order for your child to receive their end of year report card, their jersey needs to be cleaned and returned, by Friday, May 24<sup>th</sup>.

**Events:** Each student will get the opportunity to participate in at least one running event and one field event each meet.

#### **Running Events:**

50 yard Dash  
75 yard Dash  
440 yard Run  
Relay

#### **Field Events:**

Triple Jump  
High Jump  
Long Jump  
Ball Throw  
Ball Kick

### **Practice and Meet Schedule:**

(Regular Meets start at 4:45pm.

Junior Olympics starts at 5pm)

Tuesday, April 16	Practice	3:30-4:30
Thursday, April 18	Practice	3:30-4:30
Tuesday, April 23	Practice	3:30-4:30
Thursday, April 25	Practice	3:30-4:30
Tuesday, April 30	<b><u>HOME Meet</u> @ Fernwood (with Fernwood &amp; Maywood Hills)</b>	
Thursday, May 2	Practice	3:30-4:30
Tuesday, May 7	<b><u>Meet</u> @ Frank Love (with Shelton View &amp; Frank Love)</b>	
Thursday, May 9	Practice	3:30-4:30
Tuesday, May 14	<b><u>Meet</u> @ Kenmore (with Shelton View &amp; Kenmore)</b>	
Thursday, May 16	Practice	3:30-4:30
Tuesday, May 21	<b><u>Junior Olympics</u>—Crystal Springs, Fernwood, Frank Love, Kokanee, Lockwood, &amp; Westhill @ Bothell HS @ 5pm</b>	
Thursday, May 23	<b>End of Season PARTY! ☺ 3:30-4:30</b>	

Feel free to contact Mrs. Andrick if you have any further questions. We are looking forward to a fun season!

Thank you,  
Mrs. Andrick ([randrick@nsd.org](mailto:randrick@nsd.org))  
Ms. Daniel  
Mrs. Hart

# Volunteers Needed

(Please return this page to Mrs. Andrick  
if you are able to volunteer)

Please **circle** the **event(s)** that you plan to help with:

## 1. Practice Volunteers:

We are looking for parents who are available to help during practices. Volunteers would help with timing runners and assist at some of our field events. With over 100 athletes and only three adults, parent volunteers during practice make a huge difference.

## 2. Home Meet:

We will need at least 30 adults to help us host our home meet on Tuesday, April 30<sup>th</sup>. We will be hosting our meet at Fernwood Elementary. Set up will begin at 4pm.

### Field Events:

Ball Throw (5 volunteers)

Ball Kick (5 volunteers)

High Jump (5 volunteers)

Long Jump (5 volunteers)

Triple Jump (5 volunteers)

### Running Events:

Scoring (2 volunteers)

Place Pickers (3 volunteers)

Relay Exchange Zones (3 volunteers)

Timers w/stopwatch (3 volunteers)

Head Scoring Table (3 volunteers)

## 3. Junior Olympics:

We will need between 10 and 20 volunteers to help out at Junior Olympics on Tuesday, May 21<sup>st</sup>. Plan to arrive at Bothell High School at 4pm to help with set-up.

Parent Name: \_\_\_\_\_ Student Name: \_\_\_\_\_

Classroom Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Email: \_\_\_\_\_