

SRS Track

Issue 1, Volume 3



For Grades 3-8, weekday practices are being held on Tuesdays from 3 –4 p.m. If your athlete cannot attend practice, please contact Fran Wong to remove them from the after-school Track Practice list.

Important: Starting April 23, in addition to Tuesday, we will be adding 2 practices on Thursday, after-school from 3-4 p.m. Depending on results from our first meet, we may continue with Thursday practices.

Here are the dates for all upcoming practices:

Grade	Weekday	Date	Time
3rd-8th	Tuesday	4/9/2019	3-4 pm
	Tuesday	4/23/2019	3-4 pm
	Thursday	4/25/2019	3-4 pm
	Sunday	4/28/2019	3-4 pm
	Tuesday	4/30/2019	3-4 pm
	Thursday	5/2/2019	3-4 pm
	Tuesday	5/7/2019	3-4 pm
	Tuesday	5/14/2019	3-4 pm
	Tuesday	5/21/2019	3-4 pm
	Sunday	5/26/2019	3-4 pm
	Tuesday	5/28/2019	3-4 pm
K-2	Sunday	4/28/2019	3-4 pm
	Sunday	5/26/2019	3-4 pm

UPCOMING EVENTS

April 9

Grades 3-8 ONLY

After-School Practice (3-4 p.m.)

Practices Resume after Spring Break

April 23 & 25

Grades 3-8 ONLY

After-School Practice (3-4 p.m.)

April 28

Practice K-2 (2 p.m. - 3 p.m.)
Practice 3-8 (3 p.m. – 4 p.m.)

May 5th – First Meet

Arrive at 10:30 a.m., to check in

The Meet will run from 11 a.m. to 4 p.m.

Meet Event Sign-Ups

Sign-up for 2019 Meet Events online, via Sign-Up Genius. For families with multiple athletes, you should sign up one child and then go back in (using the link) and sign up the other, etc.

- Please be sure you enter in the athlete's name in the Contact First and Last Name.
- **Sign-ups are due by 4/26/19.**
- We suggest you sign up now so your athlete can focus on preparing for those events.
- Here is the link to sign-up for the events for our *Meet scheduled for 5/5/19*. The link was also emailed separately.

<https://www.signupgenius.com/go/4090B4CAA928A0F49-track>

Coaches Corner

When an athlete is preparing to execute the standing long jump, the athlete's feet must be fixed in a parallel position. The jumper may rock the toes and heels off the surface, but the feet cannot be lifted completely off the surface before the jump. The athlete rocks the arms back and forth and bends at the knees and hips to set up the appropriate rhythm and body position for a good jump.

To begin the jump, the athlete swings both arms forcefully forward in unison, as shown in figure 9.2a, and blocks—or stops—them slightly higher than the shoulders, with a slight yet firm bend at the elbow. Both feet must leave the ground at the same time so that a full extension of the ankles, knees, and hips—also called triple extension—must be achieved in order to use all potential energy from these joints (see figure 9.2b).

Just as the athlete is about to land, the feet should be as far in front of the body as possible without causing the athlete to lose balance and take a backward step after landing. To get the feet to move forward, the arms whip back to the hips. This helps kick the feet out in front. On landing, the athlete should try to absorb the impact by bending at the knees and hips (see figure 9.2c).

Coaching Tip

Young athletes often try to take a “gather step” when attempting to jump for height or distance. Although this extra step will increase the result for most children, it is against the rules for track and field. Teach athletes that they should concentrate on developing a strong and stable base when jumping to help break this habit.



Here are some pics and videos from this week's practice.

<https://linksharing.samsungcloud.com/contents/list?contentsToken=1554686798772CirQ4x8&checkbox=true>

