

# TRACK & FIELD GRADES 4-8



All practices are 3:35-5:00pm



## Coaches

Head Coaches: Chris Pikus & Helena Pikus Li (yinghuadragons@gmail.com)

Assistant Coach: Anthony Garnett

## Practices

Grade 6-8 Mondays and Thursdays 3:35-5:00, Early April through middle of May.

Grades 4-5 Mondays and Thursdays 3:35-5:00, Later April through middle May.

No practices on non-school days.

## Preparation

- Always dress in layers.
- Bring a **water bottle** to meets and practice.
- Have a track bag that is ready the night before practice or game. Always put the following extra items in the bag: long sleeve athletic shirt, sweatpants, hat/headband and thin gloves.

**\*NEW Policy for all grades.** If you cannot pick up at 5:00pm your child will be sent to check in with "after care" for a fee of \$10. You will be given a 10 minute grace period at the end of practice. This will be on a "as needed" basis so you will not need to enroll your child ahead of time. After care is \$10 per day (versus \$15) if you are registered in a sport.

## Silent Dismissal

- A track group will be created for you in SD. The times will also be created and changed for away meets (grades 6-8 only). **YOU** are responsible for putting your child on the list.

## **Transportation to meets (meets are for Grade 6-8 only)**

- Your child will be bused from school to the meet. You are responsible for picking up your child after the game.

## SCHEDULE

Meets for Grades 6-8: TBD.

Events for Grades 4-8

- May: TC Kids Cross Country Fun Run
- May: mini meet and pizza party at Yinghua