

I am sending you this letter to help you to understand how Jr. High track will work, and to answer any questions you might have.

Track is a great sport because anyone can excel in it. In Track, you can get better every week – you can get a better time, a better mark, height, etc. There are several events. They include - 2400 meters; 400 meter relay; 800 meter; 110 Hurdles; 100 meters; 800 meter relay; 400 meters; 300 hurdles; 200 meters; 1600 meters; 1600 meter relay

The field events include - High Jump; Pole Vault; Long Jump; Triple Jump; Discus; Shot

Each of these events involves different skill level and techniques. We will be trying to get your sons in the events that are best for them, and best for the team. While we are doing this, we are also trying to prepare them to perform in these events. You are limited to 2 field events, and 3 running events. They might not get to be in the events that they WANT to be in every meet. Also, it takes years to work on these events to do them correctly, so we might look pretty sloppy. Please be patient with us and with your boys. Some of them might be having to learn how to throw the shot, hurdle, take and give hand – offs, etc. There is so much to learn and not much time to do it in.

Track is scored individually and as a team. In each event, the 1st place person gets 10 points, 2nd gets 8 points, 3rd – 6, 4th – 4, 5th – 2, and 6th gets 1. All the points from each event is then added up and the team with the most wins the meet. We will be asking that all the athletes stay until the meet is over. They might be needed to compete in another event. If they are not competing, they are needed to help their teammates who are still competing – helping stretch, vocal support, holding sweats, etc. Jr High track meets are the coldest times in history. When they go to a meet, they need as many sweats, blankets, etc. as they can carry. It does not matter how it feels at 3 in the afternoon, after three hours in the wind, you and they will be cold.

The meets will start at 3:30. The field events are run off first, and they usually take an hour to an hour and a half. The 2400 meters usually starts about 3:45 – the girls go first, followed by the boys. 7th Grade runs followed by the 8th. The other running events will begin after the field events are finished. They will follow the schedule above. If there is thunder or lightning, we will not take them outside, we will workout in the gym.

I hope this helps you understand what we are doing this spring. I want to tell you what a privilege it is to be a part of your son's life. Also let me tell you that I take the responsibility of coaching your son extremely seriously. My wife's number is 210 - 2739 if you have a problem or a question. Thank you for your support.

Jonathan Ryle