

JR HIGH TRACK 2011

Date	Event	Location	Time
Thurs. 4/7	Scotland JH	Scotland	3:30
Tues. 4/12	Centerville Rotary Relays/ JH	Centerville	12:30
Tues. 4/26	TVC JH Track Meet	Centerville	11:00
Mon. 5/2	Wizard Relays Jr Hi	Freeman	4:00
Sat. 5/7	Yankton JH	Yankton	9:30
Mon. 5/9	Menno JH Relays	Menno	4:00
Fri. 5/13	Irene Jr Hi Track	Centerville	3:30

Even though the weather hasn't felt at all like spring, the first official day of spring is just ten days away! That means track season is right around the corner! The first junior high track meet of the season at Scotland is exactly four weeks from today. I would like to have three weeks of track practice before the first meet, so therefore our first official day of junior high track practice will be next Thursday, March 17. But you're certainly welcome to start some running on your own before then if you want. Grab a friend and jog a couple miles after school.

Track participants should be in the Link ready to begin stretching promptly at 3:30 each day. Running workouts will usually last until about 4:30 each day, and then I'll be available for field event coaching until about 5:00. I would like everyone to at least try one or two field events. You never know what abilities you might have unless you try.

Make sure you have adequate running clothing (hooded sweatshirt, cap, gloves, sweat pants, etc.) to be able to do some running in chilly conditions. On days when the weather is really ugly, we'll do indoor workouts.

Junior high is a great time to try new things. I'm not opposed to students trying golf and track at the same time. However, I would expect you to get in some running at least four days per week. You would need to weekly check in with me to discuss what running or field event practice you plan to do.

Also, if you're new to track and really don't know if it's a sport for you, please give it a try and come to the first meet in Scotland, and then evaluate if you want to continue.

We also invite 5th and 6th graders to give track a try and come to several of the meets. Any 5th & 6th graders who want to participate may come to the Scotland, Wizard, and Menno meets.

Track is a great way to get some good exercise and get outside to enjoy the beauty of spring time. Please consider giving it a try!

Coach Wollman