

PMA TRACK & FIELD

Welcome to those students interested in running in PMA's track and field program. 2008 marks the first spring that PMA will be a full participant in the Tri-County Athletic League in track and field. Since this is a school league, we need our students to fully commit to the program, which consists of practices twice per week and 6 track meets. Please refer to the schedule on the back of this sheet. **All team members will be expected to attend all practices and meets.** Problems with other games (soccer, softball, baseball, lacrosse) may be worked out by entering early events in the meets *as long as I have prior knowledge of the conflict I writing.*

Training will begin on Tuesday, April 1, 2008 and run every Tuesday and Thursday afternoon from 2:30 to 4:00 p.m. through the end of May. Events such as hurdles, shot put, discus, long jump, and relays will be taught along with practicing sprinting, middle, and long distance runs. Although some students will be eventually specializing in shorter events, jumps, or throws, all athletes will be expected to participate in overall conditioning drills, especially in the beginning of the season. Any cancellations due to weather will be on the sports line (extension 402) at school by 12:00 noon. Please try not to call the main office.

I am definitely looking for some adult assistance in coaching and supervising the athletes, so please sign up below if you are interested in helping in any way. No experience is necessary – training is including! Thanks for your help.

ADULT HELPERS:

____ Yes, I'd like to help with the PMA track & field program.

Name: _____ Phone # _____

Training events of interest _____

Days available to help _____

PMA TRACK MEET SCHEDULE

The following is the PMA spring track & field schedule. We will organize **one-way car pools to the meets, leaving by 2:45 p.m. Parents will need to pick up their children at the meets, or arrange for a teammate's parent to drive them home.** Directions will be made available for those who need them. The meets will start around 3:30 p.m. Although it is difficult to predict the duration, the approximate end time is as noted.

Date	Number of teams	Location	Departure time	Approximate Pick up time
Wednesday, 4/16/08	3	Tyngsboro High School Tyngsboro, MA	2:45	5:00 p.m.
Thursday, 4/24/08	6-7	Pelham High School Pelham, NH	2:45	6:00 p.m.-7:00 p.m.
Wednesday, 5/7/08	6-7	Campbell High School Litchfield, NH	2:45	6:00 p.m.-7:00 p.m.
Thursday, 5/15/08	3	Hollis High School Hollis, NH	2:45	5:30 p.m.-6:30 p.m.
Friday, 5/23/08	6-7	Pelham High School Pelham, NH	2:45	6:00 p.m.-7:00 p.m.
Thursday, 5/29/08	9	Campbell High School Litchfield, NH Tri-County Championships	2:45	7:30 p.m.-8:30 p.m.

All athletes must turn in a field trip form, which may follow at a later date in order to attend the meets. If you are able to help with transporting the team to the meets, please return the slip below.

_____ Yes, I can help car pool the team.

Name _____ Dates Available _____
(4/16/08, 4/24/08, 5/7/08, 5/15/08, 5/23/08, 5/29/08)

of seat belts in vehicle for athletes _____