

The Children's House Track Team
Grand Traverse Area Youth Athletic League (GTAYAL)
Spring 2014

Goals:

1. To learn about the track and field events
2. To demonstrate skills learned in practice at the track meets
3. To develop an understanding that improvement in performance occurs with practice and effort
4. To develop self-confidence
5. To develop an appreciation of running
6. To develop a sporting attitude toward teammates and competitors

Expectations:

1. To have fun at practice and meets while respecting his/her teammates desire to improve performance
2. To wear clothes that are appropriate for running and field events, keeping in mind the erratic fluctuations in weather conditions
3. To bring water
4. To encourage teammates during practice and competition
5. To run on days when practice and meets are not held
6. To do your best: continually strive to improve

Practice Times: Practice will be held at TCH or West Senior High

April 7th through April 18th

Tuesday, Wednesday and Friday – 3:30-5:00

April 22nd through May 16th

Wednesday – 3:30-5:00

Field Events Clinic @SEAS – April 11th (5:30-6:30) (optional)

{Additional Days of voluntary practice will be scheduled}

Meets: All meets at SEAS Jr. High (Transportation by parents)

Season Meets:

April 22nd through May 16th

Each Tuesday and Thursday @5:30 (athletes present @ 5:00)

All League Meet: May 19th – 4th Grade

May 20th - 5th Grade

May 21st - 6th Grade

Jack Lee, Coach
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Alison Breithaupt, Assistant Coach
Heather Boivin , Assistant Coach