



Track & Field Events

- **Distance Running**
- **Sprints**
- **High Jump**
- **Long Jump**
- **Shot Put**
- **Softball Throw**
- **Relays**

How do I prepare?

Drink plenty of water and get some comfortable athletic shoes and workout (P.E) attire. Be ready to work hard, encourage others, and glorify God through all you do. Track and Field is ready for you! Come on out and join the Salem Track Team!



Track Meets

Do you love to compete? Do you love to cheer others on? Then come out for track. If you know you can attend the two track meets, nothing should be stopping you! *Participants in all sports are encouraged to join; we will work around your schedule!*

MEET DATES:

Saturday, May 11th

Saturday, May 18th.

(time dependent on event)

**AT CREAN LUTHERAN
HIGH SCHOOL**



Head Coach: Mr. Chris Weinrich

Assistant Coaches:

Mrs. Julie Beckman, Miss Aubrie Vickers, Mrs. Kasey Weinrich, and Mr. John Luciano

Salem Track & Field

4th - 8th Grades



**Practices start
April 9th, 2019**



**See Date Schedule
(Meet on the field)**



Salem Lutheran

At Salem Lutheran, we value Academic Excellence, Christian Character, Faith Development, Competition, the Arts, Service, and Innovation. Salem Track and Field is a safe place for you to compete and glorify God with your gifts of running, jumping, strength, teamwork, leadership, and cheering.

Salem Lutheran Track and Field Schedule

Practices

PRACTICES START:

TUESDAY, April 9th
3pm – 4pm
(General Meeting, get measured, discuss track season and expectations)

**SALEM LUTHERAN
TRACK & FIELD
2019**

April (all practices 3:00-4:00pm)

Tuesday, April 9 – ALL
Wednesday, April 10 – ALL

Tues, April 16 – Running Events only
NO field events today

Wed, April 17 – Field Events only;
NO running today

Thurs, April 18 – Running Events only
NO field events today

Tues, April 30 – Field Events only;
NO running today

May (all practices 3:00-4:00)

Wed, May 1 – Running
Thurs. May 2 – Field Events
Tues, May 7 - Running
Wed, May 8 - Field Events
Thurs. May 9 - Relays
Sat. May 11 – TRACK MEET
Tues. May 14 – Running
Wed. May 15 – Field Events
Thurs. May 16 - Relays
Sat. May 18 – TRACK MEET
TRACK MEETS
at CREAN LUTHERAN HS
May 11 & May 18
8am – 2pm

- Devotion
- Warm up
- Split into event groups
 - Sprints:* build ups, accelerations, and form work
 - Jumps:* build ups, accelerations, and approach jumps
 - Distance:* Low intensity to high intensity runs, accelerations, & form
 - Throws:* Drills, minor accelerations
- Cool Down