

2023 Track Team

Amber Ballenger will again serve as head coach. She is asking for 2-3 volunteers to serve as assistant coaches to help with jumping & throwing events and to attend the coaches meeting at track meets when she is not able to. If you would like to help out: please call or text her at 660-815-7229.

We will have two track teams this year. A junior high team consisting of grades 6-8. Then an elementary team consisting of grades 4-5.

The first meet for JH will be at Santa Fe on **Mar 30, 2023**. The first meet for the elementary team will be the one Trinity is hosting on **Apr 22, 2023**. **All track parents and all parents of Trinity athletes will be asked to help at the Trinity Track, a sign up will be released after spring break.**

JH Team-

- I will be visiting their PE Class this week, March 6 to get idea of who will be participating and what events they would like to be involved in and start practices.
- We will have practices 2-3 times per week, right now they will be during their PE Time but they could be held directly after school till 4:15. I will send out a weekly schedule by text messages on Sunday evening
- I'm still trying to finalize the schedule: 6-7 track meets is typical for this team.

Elementary Team-

- We will start practices the first week of April during their PE time at school. We might have to have practices after school; just depends on the number of participants and the weather.
- This team will have all Saturday meets on April 22, April 29, and **May 6, 2023**.
- I encourage athletes to try all events before we determine what running or field event they might participate in. We will give them opportunities to do this during practices.
- Please understand that track meets put limits on the number of events an athlete can participate in & limits the number of participants one school can have per event. So I will do my best to get athletes into the events they want but sometimes we might have to fill other openings.
- List of typical events for this age:
 - Running: 100m, 200m, 400m (1 lap around the track), 800m (2 laps) and 4x100m relay
 - Field: Shot put, Jumbo Javelin, Long Jump, Triple Jump, and High jump

Please if you have any questions or concerns please feel free to contact me at 660-815-7229 by phone or text. You can also email me at athleticdirector@trinitylutheranlma.com