

Poulsbo Middle School Track and Field

Parent Meeting 2021

Together

Everyone

Achieves

More

Coaches

Alisha Westby: Head Girls- Sprints,
Conditioning, Relays

_____Head Boys-

Hollie Anderson: Assistant- High Jump,
Long Jump

Dustin Haydock: Assistant- Distance

Contact:
awestby@nkschools.org

Eligibility

- Cleared by Office
- 8 practices before 1st meet
- Must be passing all classes during each grade check.

Practice

We want everyone to compete in each meet! However, athletes who miss practice (whether excused or not) may not be able to participate at the next meet. To be a part of the TEAM you must attend practice.

Everyday

Everyday

Everyday

2:40-4:30

Everyday

Everyday

Practice Agenda

Team Warm-up

Dynamic Drills/Dynamic Stretching

M/W/F - Event Days

Rotation 1: Choose One Station (Hurdles, Shot/Disc, Long Jump, Relays/Plyos)

Rotation 2: Choose One Station (Javelin, Long Jump, Blocks/Relays, High Jump,)

T/Th- Workout Days: Sprints, Distance, Throwers

Team Cooldown/Static Stretching

GEAR

Practices:

Athletes should wear proper running/workout gear to all practices. Running shoes are needed. Spikes are not needed.

****BRING A WATER BOTTLE**

Meets:

School issued singlet

Athletes may wear their own black running shorts or school issued shorts.

*****WATER BOTTLE AND SNACK**

Events

6th/7th/8th graders may participate in up to 4 events.

100 meters
200 meters
400 meters
800 meters
4x100 relay
4x200 relay
4x400 relay
75 meter hurdles
200m low hurdles

Lung Jump
High Jump
Javelin
Shot
Discuss

Meets

***It is encouraged and expected that all athletes stay for the entire meet.**

Wed Sept 22: Central Kitsap @ Poulsbo

Wed Sept 29: Poulsbo @ Klahowya

Wed Oct 6: Kingston @ Poulsbo

Wed Oct 13: Poulsbo/WW @ Fairview

Tue Oct 19: "Futurist" Meet @ KSS

Wed Oct 20: WSMSL Championships @ Cutis HS

Meet Transportation

- Students will ride with the TEAM to the meet.
- Parents may transport students home at the end of the meet. You must check out with a coach first.

Volunteers NEEDED

- September 22nd
- October 6th

High Jump (2), Long Jump (2)
Shot (2), Disc (2), Javelin (2),
Back-up Timers (3)

Contact: awestby@nkschools.org

**For all attendance information, questions, etc. during the season.