

April/May 2018 – Track

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School Easter Monday	3 Sign-Up/Events Procedures/Rules H & W Check Drills – Demos Parent Meeting @ 7:15am or 3:15pm	4 Stretch & ½ Lap 10 Jacks/Pushups 800 & 100 Discus Triple Jump	5 Stretch & ½ Lap Kicks/Skips ½x 400 & 200 Long Jump Shot Put	6 Stretch & ½ Lap Grape Vines 1x Relays Triple Jump Softball Throw	7 15 Min. Walk/Jog 15 Slow Lunges each leg
8 15 Min. Walk/Jog 15 Slow Lunges each leg	9 Stretch & ½ Lap 20 Jumps 800 & 100 Discus Softball Throw	10 Stretch & ½ Lap 25 Sit-ups 400 & 200 Long Jump Shot Put	11 Stretch & ½ Lap 15 Jacks/Pushups 800 & 100 Discus Triple Jump	12 Stretch & ½ Lap Kicks/Skips 1x 400 & 200 Long Jump Shot Put	13 Stretch & ½ Lap Grape Vines 2x Relays Triple Jump Softball Throw	14 20 Min. Walk/Jog 20 Slow Lunges each leg
15 20 Min. Walk/Jog 20 Slow Lunges each leg	16 No Practice Class Trip	17 No Practice Class Trip	18 No Practice Class Trip	19 No Practice Class Trip	20 No Practice Class Trip	21 25 Min. Walk/Jog 25 Slow Lunges each leg
22 25 Min. Walk/Jog 25 Slow Lunges each leg	23 Grades 3-4 Start Stretch & ½ Lap 25 Jumps 800 & 100 Discus Softball Throw	24 Stretch & ½ Lap 30 Sit-ups 400 & 200 Long Jump Shot Put	25 Stretch & ½ Lap 20 Jacks/Pushups 800 & 100 Discus Triple Jump	26 Stretch & ½ Lap Kicks/Skips 2x 400 & 200 Triple Jump Softball Throw	27 Stretch & ½ Lap Grape Vines 3x Relays Track Practice 5-8 SE Public 12-1pm	28 St. Paul's NU Track & Field Meet @ NU High School @ 11am <i>Grades 5 to 8 only</i>
29 30 Min. Walk/Jog 30 Slow Lunges each leg	30 Stretch & ½ Lap 30 Jumps 800 & 100 Discus Softball Throw	1 May Stretch & ½ Lap 35 Sit-ups 400 & 200 Long Jump Shot Put	2 Stretch & ½ Lap 25 Jacks/Pushups 800 & 100 Discus Triple Jump	3 Stretch & ½ Lap Kicks/Skips 3x 400 & 200 Triple Jump Softball Throw	4 Stretch & ½ Lap Grape Vines 4x Relays Track Practice 5-8 SE Public 12-1pm	5 30 Min. Walk/Jog 30 Slow Lunges each leg
6 35 Min. Walk/Jog 35 Slow Lunges each leg	7 St. John's SE Track & Field Meet @ SE High School @ 9am <i>Grades 3 to 8</i>	8 Stretch & ½ Lap 40 Sit-ups 400 & 200 Long Jump Shot Put	9 Stretch & ½ Lap 30 Jacks/Pushups 800 & 100 Discus Triple Jump	10 St. John RWF Track & Field Meet @ RWF High School @ 9am <i>Grades 5 to 8 only</i>	11	12