

Joe Nightingale Track Team 2024

Grades 4th, 5th & 6th

We will soon be off and running into our new track season! It will be full of fun and hard work! The season's goals are to teach your child correct running techniques, conditioning, proper jumping, and throwing mechanics.

Parents/Guardians will be responsible for the transportation of your athlete to the meets, pay for your athlete's entry fee at each meet (entry fees are approximately \$20.00) and purchase a track t-shirt for \$15.00.

Practices will be held on Mondays right after school until 3:30pm and Wednesdays right after school until 2:30pm. Practice will begin after Spring Break on Monday, April 8th.

Permission slips and track t-shirt order forms are due by Friday, March 15th. Students without permission slips will not be allowed to practice. Behavior at track practices and meets must be in line with our SPARK expectations. Proper running attire and shoes are required to ensure your athlete's safety. Please pick up your child promptly at the end of all practices.

If you have any questions, please contact:

Coach Jannah Pickett (559) 905-1682 or jannahpickett@gmail.com



2024 Season Track Meets

The meets are tentatively as follows

- ❖ Sunday, April 28th - Lompoc Kiwanis Meet - Lompoc High School
- ❖ Saturday, May 4th - 805 Youth Championships - Santa Barbara City College

