

OCS Track & Field 2018

This year the grade 3-8
OCS track and field meet will be taking place on:

Friday, April 27th
(raindate Monday, April 30th)

**At St. Thomas Aquinas Catholic Secondary School
Athletic Track!!!**



PARTICIPATION:

All students in grades 3-8 will receive special athletic treatment today! All students will be expected to arrive at OCS a bit early and will return a bit later than usual. We are all riding on a bus to an athlete stadium to enjoy a great day of athletic spirit and competitive events!

The OCS track and field day is a required school day for all students in grades 3-8. Participation in the day's events are used as a culminating activity for the track and field unit in PE. If your child is unable to attend due to illness please notify the front office as well as Mrs. Roberts at athletics@oakvillechristianschool.com or at 905-825-1247 x 235.

TRANSPORTATION:

- We have organized buses to transport students from OCS to STA.



- **Student Arrival at OCS: 8:20am**
- **Student Arrival at STA: 8:45am**
 - Students are expected to arrive EARLY for school, at 8:20 so that we can take attendance and load the buses.
- **Bus Departure from OCS: 8:30am** prompt so that we can start all of the events at 9:00am.
 - *Students who do not arrive on time will need to be driven by their parents/guardians to STA and may be late for their first event. Please arrive on time!*
- If you would like to drop your child off directly at STA please indicate on the permission form. If you do not indicate this, your child will be expected to ride on the bus. Students will be put on a list for the bus or STA arrival, please be considerate and do not change your mind the morning of the meet. Thank you!
- **End of the day - Bus Arrival back at OCS: (times are approximate and based on weather conditions)**
 - Grade 3 & 4: Bus 1 at 3:45 pm
 - Grade 5 & 6: Bus 2 at 4:00 pm
 - Grade 7 & 8: Bus 3 at 4:15 pm

WHAT DO I SEND WITH MY CHILD??

Great question! Since we are not at OCS for the day students need to come prepared for the days events! **Please make sure all items are labeled with your family name** so we can return items if they are lost!

1. What should students wear?

- a. Running shoes
- b. Their OCS PE uniform (yellow jags t-shirt and shorts, track suits, sweat shirt, sweat pants)
- c. Bring layers – it is usually chilly in the morning and warms up by the afternoon (Students are expected to wearing their PE uniforms), hats, mitts, etc. are a great idea!

2. Additional Items to bring: (come prepared for the weather)

- a. Baseball hat & sunscreen
- b. Water bottle
- c. Blanket or sleeping bag, toque and mittens if it is cold!
- d. If the weather is raining please bring umbrellas and dress for the rain (we will still have our meet rain or shine, please come prepared)

3. Lunch!

- a. Please send your child(ren) with a **HEALTHY** lunch. Our desire is for all students to be fueled with nutritious food that will help them to perform to the best of their ability. Please leave the junk food and treats at home. They are a great reward at the end of the day!
 - i. Students use a lot of energy on sports days and need to have BIG, full lunches with lots of easy to eat foods.

Healthy Lunch Ideas:

Remember to pack: drinks, protein (meat, cheese) & carbohydrates

Pack items that are easy, quick and something kids can eat on the go.

- Fruits (grapes, apple slices, bananas, watermelon)
- Vegetable sticks (green beans, peas, celery, carrots)
- Sandwiches or wraps (egg salad, tuna salad)
- Hummus and pitas
- Sushi
- Pasta salad
- Crackers and cheese
- Bite size muffins (whole grain - carrot, banana, blueberry)
- Quick snacks (raisins, fruit to go, dried fruit, digestive cookies)
- Water or pure juice (e.g. Arthur's fruit smoothies)



AFTER SCHOOL EVENTS: (before the track meet)

Due to limited space at STA, we will not be including triple jump as a field event this year.

We will be running ALL high jump events at OCS prior to the OCS track and field meet. Please visit the athletics calendar for competition dates and times <http://oakvillechristianschool.com/ocs-athletics/calendar>.

VOLUNTEERS

- Thank you to all of our wonderful volunteers who have offered to help in the following roles! We still need **MANY** volunteers to make this day run smoothly, If you are able to help please e-mail Mrs. Roberts at athletics@oakvillechristianschool.com

1) **Medical Specialist (1 needed)** – we are looking for someone who is a medical doctor, a physio or someone who works in the medical field and can help act as our first aid contact during the day.

2) **Class Supervisors (4 needed)** - your job will be to make sure students are hydrated, well-fed, wearing sunscreen and properly clothed to keep them safe and healthy!

2) **Track timers (11 needed)**- our timers will be using a stopwatch to time the races on the track. If you love watching races and pushing buttons this role is for you!

3) **Field events (5 needed)** - parents running the field events will be helping measure, record and prepare their events for all participants (events include: long jump, triple jump, shot put, high jump, ball throw and standing long jump)

4) **General Help (5 needed)** - The day also needs a lot of helpers behind the scenes, from handing out ribbons, to helping as a bathroom marshal, to being a floater and providing washroom and eating breaks for our full-day volunteers. There is lots to do!

5) **Set-up and tear-down crew (5-10 sets of hands)**

- We need to unpack and set-up all of the equipment at STA the morning of the meet. The more hands the faster the job gets done!
- If you are able to help early in the morning we would love your hands help unpack the truck.
- We also need to load the vans at the end of the day and unpack it back at OCS.

Please contact Mrs. Roberts if you are available and willing to help in any of the areas. If you would like to help in a specific area please let her know (athletics@oakvillechristianschool.com).

Volunteers are welcome to join us all day (8:30-4:00) for just the morning (8:30-12), or for just the afternoon (12-4:00). Please let Mrs. Roberts know what times you are available to help out. High school students are welcome to join us and earn volunteer hours as well!



QUESTIONS?

What age group is my child in?

- **Midget** – grades 3 & 4
- **Junior** – grades 5 & 6
- **Senior** – grades 7 & 8

