

# **TRACK AND CROSS COUNTRY**

## **JR. HIGH CLASS**

### **PURPOSE OF THE CLASS**

- To teach the skills of Track and field as well as Cross Country running
- To improve each students agility, strength, quickness, speed and skill
- To teach techniques and strategies of both Track and Cross Country
- To teach teamwork and the ability to work with others
- To **Honor God** in all we do

### **FIRST SEMESTER**

In the 1<sup>st</sup> Semester we will emphasize distance running and the Cross Country team. The meets will begin the middle of September and we will end the season in the middle of October. Those who don't run Cross Country will work on track events and the skills mentioned above.

### **SECOND SEMESTER**

During the 2<sup>nd</sup> Semester we will be training for track season. Both running events and field events will be taught and practiced. The meets will begin in March and be over the end of April.

### **CLASS RULES**

- Dress out everyday in the PE uniform—we will dress at the stadium
- Be on time to class—being late will mean extra running
- Respect others property and personal space
- Use equipment in a proper and safe manor
- Participate everyday in all activities