

BLUE KNIGHT TRACK CLUB

What is it? Middle school Track & Field club for Salem Lutheran and Trinity Klein Lutheran Schools – Grades 5 to 8

Blue Knights Track Club was formed in the 2008-2009 school year to give 5th-8th grade students, at Salem and Trinity, an opportunity to experience the sport of Track and Field. We welcome all young athletes regardless of ability, skill level, or previous experience.

Where? Practices are at Concordia Lutheran High School track. CLHS is located at 700 E. Main Street, Tomball, TX 77375

When? Practices are on Monday, Tuesday, and Thursday at Concordia Lutheran High School from 4:00 to 5:30 PM. Note: No students are to be left unattended at CLHS before 4:00 PM.

Transportation: Students must provide their own transportation or car pool to practices and meets.

Cost/Requirements: Participation fee of \$150 per student athlete to be paid to **Blue Knights Track Club** and is due at the 1st practice along with the completion of the Blue Knight Registration Form. **Payment to TADS is not available.** The participation fee covers team shirt, entry fees, and other associated costs.

Each student must have a physical for the current school year on file with Salem or Trinity Klein.

Length of Season: Practices start on February 14 and the season will continue into mid April. Athletes participating in the State and National basketball tournaments can start track season at the conclusion of their basketball season.

Meets: Track Meets are typically on Tuesday and/or Thursday at facilities in the Houston area after school. AS of now, the season consists of five practice meets and three scored meets. Larger meets may require two afternoons to complete; smaller meets will be completed in one afternoon/evening. LTFC (Lutheran Track & Field Championship) State Meet will be held at Prince of Peace, in Carrollton TX, on Saturday, April 13. (This state meet will not be required for all runners.)

Events:

Running Events:

100, 200, 400 meter dashes (sprints)

800, 1,200, 1,600 meter runs (middle distance / distance)

100, 200 or 300 meter hurdles

4 X 100 meter relay, 4 X 200 meter relay, 4 X 400 meter relay

Field Events:

Throwing: Shot Put, Discus

Jumps: Long Jump, Triple Jump, High Jump

Tentative Meet Schedule:

<u>Date</u>	<u>Meet Name</u>	<u>Location</u>	<u>Depart</u>	<u>Field</u>	<u>Track</u>	<u>Return</u>
<u>Thu, Feb 21</u>	<u>RCS MS Meet 1</u>	<u>Rosehill Christian School, Tomball</u>		<u>3:30 PM</u>	<u>5:00 PM</u>	
<u>Thu, Feb 28</u>	<u>Woodlands Christian MS meet #2</u>	<u>The Woodlands Christian Academy, The Woodlands</u>		<u>4:00 PM</u>	<u>5:30 PM</u>	
<u>Tue, Mar 5</u>	<u>Northland Christian Middle School Meet #4</u>	<u>Northland Christian School, Houston</u>		<u>4:30 PM</u>	<u>5:15 PM</u>	
<u>Thu, Mar 21</u>	<u>Woodlands Christian MS meet #3</u>	<u>The Woodlands Christian Academy, The Woodlands</u>		<u>4:00 PM</u>	<u>5:30 PM</u>	
<u>Thu, Mar 28</u>	<u>Woodlands Christian MS #4-Relays</u>	<u>The Woodlands Christian Academy, The Woodlands</u>		<u>4:00 PM</u>	<u>5:30 PM</u>	
<u>Tue, Apr 2</u> <u>Wed, Apr 3</u>	<u>HC Mustang MS Invitational</u>	<u>Houston Christian HS, Houston</u>		<u>4:00 PM</u>	<u>4:00 PM</u>	
<u>Sat, Apr 13</u>	<u>State Meet</u>	<u>Prince of Peace, Carrollton TX</u>		<u>TBA</u>	<u>TBA</u>	
<u>Tue, Apr 16</u> <u>Thu, Apr 18</u>	<u>Jr. Dragon Invitational</u>	<u>Pate Track / The John Cooper School, The Woodlands</u>		<u>4:30 PM</u>	<u>4:30 PM</u>	

VOLUNTEER OPPORTUNITIES:

We have openings for carpool parents and team mom/dad roles. We will also need parent volunteers to help with coordination for the State meet. Please contact Vicki Fong (Salem) vfong@salem4u.com or Matt Luevano (Trinity Klein) luevanom@trinityklein.org if you have any questions or to volunteer.