

Dear Kulshan Track & Field Families,
Here is some information related to the KMS 2018 Track & Field season.

KMS Coaches:

Viry Ferreira, Patrick McCann, Jennifer Newbauer, Jason Sytsma

Season length:

Tuesday, September 4th – Wednesday, October 24th

Practice time:

4:00 – 5:30 pm, Monday through Friday

Note: Practice is held on *FULL* school days. There is *NOT* practice on non-school days (holidays) and early release days.

Off-campus running:

The distance runners will run off-campus at times to build endurance for distance running events. The campus destinations will be Whatcom Falls and Galbraith Mountain. Please let me know if you would like your track participant to only stay on campus.

League Practice Requirement:

Track participants must attend at least eight (8) practices prior to competing a track meet.

Uniforms:

Team jerseys are required by participants when competing. **Team jerseys are provided by Kulshan.** Students should wear shorts (not provided) for running events. Form-fitting runner shorts such as Lycra, Spandex, etc. are acceptable, but not required. Runner tights worn under the shorts are also permissible. It is preferred that shorts and pants are in school colors or neutral colors.

Volunteers for practice:

We would love to have volunteers for extra supervision for distance runs to Whatcom Falls. Even if you aren't the fastest runner you could be valuable since it's helpful to have adults as the trailer at the end of the running pack. If you have an event specialty (i.e. competed in long jump in high school or beyond), then we would love your help!

Volunteer for track meets:

Each school is expected to provide a few volunteers to help at a track meet. Fortunately, this season there will be a "track crew" that runs the track events. If you decide to volunteer for a track meet some possible jobs include, marking distances of throws or jumps, recording distances of throws or jumps, or taking record sheets to the scoring table. Please let me know if you are interested in volunteering for any of the track meets.

Track Meet Dates:

| Date | Location | Schools | Event |
|--|-------------|---|---------------|
| Wednesday, September 19 th | Civic Field | All Bellingham middle schools – Fairhaven, Kulshan, Shuksan, Whatcom | Jamboree |
| Wednesday, September 26 th | Civic Field | Kulshan, Fairhaven, Whatcom | Tri-Meet |
| Tuesday, October 2 nd | Civic Field | Kulshan, Shuksan, Whatcom | Tri-Meet |
| Wednesday, October 10 th | Civic Field | Kulshan, Fairhaven, Shuksan | Tri-Meet |
| Tuesday, October 23 rd | Civic Field | All Bellingham middle schools – Fairhaven, Kulshan, Shuksan, Whatcom | League Finals |
| Wednesday, October 24 th | Civic Field | All Bellingham middle schools – Fairhaven, Kulshan, Shuksan, Whatcom | League Finals |

The track & field schedule is also linked [here](#)

Please let me know if you have any questions.

Go Thunderbirds!!!

Jason Sytsma – Head Coach
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