

Parent Information: JH & HS Track & Field Weekly Routine and Track Meet Schedule at a Glance

as of

1/18/2020

subject to change

Parent Meeting Tuesday 01/21/20, after practice - 6:30pm in the Annex [These Parent Meeting Notes Are Online](#)

Coaches

Chip McKenzie - High School Coach (All Distance, Jumps)
Hannah Harris - Junior High Coach (All Jumps, Sprints/Relay)
David Adams - Asst Coach (All Sprint/Relay/Throw/Hurdles)
Andrew Garay - Shot Put / Discus Advisor
Christie Williams - Sprint Adviser

Practice Schedule - Coaches and Volunteers (we welcome volunteers at practices and track meets)

<http://www.faithwest.org/athletics/track>

Nutrition , Parent Support

RankOneSports Schedule/Roster/Changes

Remind, communication

<http://www.faithwest.org/athletics/track/>

www.RankOneSport.com

HS ----Text ---- "81010" this message "@hs-track" AND/OR

JH ----Text ---- "81010" this message "@jh-track"

www.Athletic.Net

Athletic.Net, all times and records

Katy Junior High - 5348 Franz Road, Katy, Tx 77493

BISH - 2203 North Westgreen Blvd, Katy, Tx 77449

Note: If practices are missed we have make-up or alternative times. Ask your coach.

Specials / Field Events may require occasional special or one on one practices.

Practice and Uniform Attire

The full teams will not be in place until February 10th. Once Basketball, Soccer and Swimming end.

Tent, Tarp and Chairs

Early Dismissal / Snacks / Timing Help

BIS Track Meet - BIS / Faith West Invitational

Year End Party or Banquet

EVENTS:

Sprints	100m, 200m, 400m, 100m Hurdles, 300m Hurdles
Relays	400m Relay, 800m Relay or 1600m Relay
Mid/Distance	800m, 1200m (JH), 1600m(HS), 2400m (JH only), 3200m (HS only)
Field	Shot Put, Discus, Long Jump, Triple Jump, High Jump*, Pole Vault*

* = requires private lessons and a special commitment meeting with the student and parent.

Team Parent Helpers - Communications, track meet assistance, & year end party

High School

Shannon Hill - HS Coordinator
Pam Zavidny - HS Coordinator

SHill0902@aol.com

pam_zavidny@yahoo.com

Junior High

Eddie Skaggs - JH Coordinator
Catriona Cullum - JH Coordinator

erssai@sbcglobal.net

catriona.cullum@gmail.com

TYPICAL EVENT ORDER:

All Field Events	Shot, Discus, High Jump, Long Jump, Triple Jump
3200m	2400m (JH)
Running	
400m Relay	
800m	
100m Hurdles	110m H (HS Boys)
100m	
200m Relay	
400m	
300m Hurdles	
200m	
1600m	1200m (JH)
1600m Relay	

Practice & Track Meet Days

JH & HS Track Meets (Red JH races and Green HS races)

as of 1/18/2020

Week of ...	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 6th-12th	Holiday	JH PE	JH PE	JH PE	x	x	x
January 13th-19th	START JH/HSPpractice	JH/HSPpractice	JH/HSPpractice	JH/HSPpractice	x	JH/HS Practice@Track	x
January 20th-26th	Holiday	JH/HSPpractice	JH/HSPpractice	JH/HSPpractice	x	JH/HS Practice@Track	x
February 27th-2nd	JH/HSPpractice	JH/HSPpractice	JH/HSPpractice	JH/HSPpractice	x	JH/HS Practice@Track	x
February 3th-9th	JH/HS Practice	JH/HSPpractice	JH/HSPpractice	JH/HSPpractice	x	JH/HS Practice@Track	x
February 10th-16th	JH/HS Practice@Track	JH/HSPpractice	JH/HSPpractice	JH/HSPpractice	x	JH/HS Practice@Track	x
February 17th-23rd	Holiday/Optional JH/HS Practice at 4pm@Track	JH/HSPpractice	JH/HSPpractice	JH- TWC - #1 HS Practice@Track	x	No Practice/Bike Ride	x
Feb 24th-Mar 1st	JH/HS Practice@Track	JH/HSPpractice	JH/HSPpractice	JH/HSPpractice	No JH Practice HS - Bryan HS #1	JH Practice@Track	x
Mar 2nd -Mar 8th	JH/HS Practice@Track	JH/HSPpractice	JH/HSPpractice	JH-TWC - #2 HS - Columbus #2	x	Spring Break	x
March 9th-15th	Spring Break					Spring Break	x
March 16th-22nd	JH/HS Practice@Track	JH/HSPpractice	JH/HSPpractice	JH Practice HS - Anahauc #3	x	JH/HS Practice@Track	x
March 23rd-29th	JH/HS Practice@Track	JH - BIS #3 No HS Practice	JH/HSPpractice	JH/HSPpractice	x	JH Practice HS -CCCS or Allen A.#4	x
March 30th-Apr 5th	JH/HS Practice@Track	JH/HS Practice	HSPpractice	JH- TWC - #4 HS Practice@Track	No JH Practice HS - BIS #5	JH/HS Practice@Track	x
April 6th-12th	JH HAPS Div II Dist NCS/ HS Practice@Track	JH HAPS Div I District NCS/ HS Practice@Track	HS Practice@Track?	HS Practice @ Track	Holiday-FW Fun Run	x	x
April 13th-19th	Holiday	HS Practice@Track	No HS Practice	HS District-TWC	No HS Practice	x	x
April 20th-26th	HS Practice@Track	HS Practice@Track	HS Practice@Track?	HS Regional	x	x	x
April 27th-May 3rd	HS Practice@Track	HS Practice@Track	HS Practice@Track?	x	HS State - Waco	HS State - Waco	x

Practice Times

High School			Junior High			
First Practice - January 13th	First HS Meet - Feb 28th	First Practice - January 13th	First JH Meet - Feb 20th			
High School District - April 17	Region/State - Apr 23/May 1st & 2nd	Junior High District - April 6th and 7th				

JH & HS Practice Schedule Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior High						8:00 - 10am	x
	2:45 - 4:30pm	2:45 - 4:30pm	2:45 - 4:30pm	2:45 - 4:30pm	x		

Note: Starting February 10th, every Monday (only) we will extend practice from 4-5:30pm at BISH Track. Let us know if conflicts exist.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High School			6-7:00am		x	8:00 - 10am	x
Dual Sport Option	2:45 - 3:45pm	2:45 - 3:45pm	2:45 - 4:30pm	2:45 - 3:45pm			
	4:00 - 5:45pm	4:00 - 5:45pm		4:00 - 5:45pm			

Note: Starting February 10th, every Monday (only) we will move practice to BISH Track.