

2018 West Ridge Wildcats 7th & 8th Grade Boys Track

Dear Parents,

We are now in the process of gearing up for track season. We will begin having our field event practices on Tuesday, February 6th. We want to encourage all West Ridge athletes to participate in our track program. We also understand that our athletes are very busy with other extracurricular activities. To accommodate the busy schedules of our parents and athletes, we have altered our practice times from previous years. All field event practices for both grades will begin before school, and our running workouts will take place during the athletic period. For practice dates and times please reference the track calendar on the boy's Athletics webpage.

Field Events:

Long Jump
Triple Jump
High Jump
Shot Put
Discus

Running Events:

2400m
1600m
800m
400m
200m
100m
300m Hurdles
110m Hurdles
1600m Relay
800m Relay
400m Relay

Practice Times

Field Event Practice: 7:30-8:15

Relay Practices: Times and days will vary

Coaching Assignments

Coach Ty Gotcher

7th Grade Head Coach

7th Sprinters

7th & 8th Long Jump

Coach Keith Wright

7th Grade Mid-Distance

7th & 8th High Jump

Coach Andrew Graeber

8th Grade Head Coach

8th Mid-Distance

7th & 8th Shot Put & Discus

Coach Justin Spraberry

8th Sprinters

7th & 8th Triple Jump

7th & 8th Hurdles

* Coach Laura Allred will coach long distance runners

2018 WRMS BOYS TRACK SCHEDULE

Thur, February 15

@ WRMS - Dual Meet (Running events only)

Thur, February 22

@ HCMS - Dual Meet (Field Events/Hurdles/Relays)

Tue, February 27

@ Westlake HS (All Schools; Boys & Girls)

Thur, March 8

@ Sycamore Springs (All Schools; Boys only)

Thur, March 22

@ HUDSON BEND MS (All Schools; Boys only)

Tue & Wed, March 27, 28

@ Dripping Springs HS - District Meet

2018 WRMS Track Practice Schedule

FEBRUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Last basketball game	2
5 NO FIELD; INTRO TIMED MILE PARENT MEETING	6 7: TJ, HJ, DISC 8: LJ, DISC TIMED 100/200	7 7: LJ, SHOT 8: TJ, HJ, SHOT TIME 400	8 7:TJ, HJ, DISC 8: LJ, DISC	9 NO FIELD
12 7: LJ, SHOT 8: TJ, HJ, SHOT 7/8 HURDLES	13 7: TJ, HJ, DISC 8: LJ, DISC	14 7: LJ, SHOT 8: TJ, HJ, SHOT 7/8 HURDLES	15 WRMS TRACK MEET HC, WR BOYS	16 NO FIELD
19 7: TJ, HJ, DISC 8:LJ, DISC 7/8 HURDLES	20 7: LJ, SHOT 8: TJ, HJ, SHOT	21 ALL FIELD EVENTS *ONLY THOSE COMPETING 7/8 HURDLES	22 HCMS TRACK MEET WR/HC BOYS	23 NO FIELD
MARCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 ALL FIELD EVENTS *ONLY THOSE COMPETING 7/8 HURDLES	27 WHS MEET ALL SCHOOLS *EARLY RELEASE DAY	28 NO FIELD	1 7: TJ, HJ, DISC 8:LJ, DISC 7/8 HURDLES	2 NO FIELD
5 7: LJ, DISC 8: TJ, HJ, DISC 7/8 HURDLES	6 7: TJ, HJ, SHOT 8: LJ, DISC	7 ALL FIELD EVENTS *ONLY THOSE COMPETING 7/8 HURDLES	8 SSMS TRACK MEET ALL SCHOOLS, BOYS	9 NO FIELD
12 SPRING BREAK	13	14	15	16
19 7: LJ, DISC 8: TJ, HJ, DISC 7/8 HURDLES	20 7: TJ, HJ, SHOT 8: LJ, DISC	21 ALL FIELD EVENTS *ONLY THOSE COMPETING 7/8 HURDLES	22 HBMS TRACK MEET ALL SCHOOLS, BOYS	23 NO FIELD
26 ALL FIELD EVENTS *ONLY THOSE COMPETING 7/8 HURDLES	27 DISTRICT MEET DSISD NO FIELD	28 DISTRICT MEET DSISD NO FIELD	29	30

***Schedule is subject to change**