

MONTEREY ATHLETICS! - MAY 27 - MAY 31

Rugby.....

.....has now concluded! Thanks to our coaches for a job well done and to our players who committed to the team, attending every practice and playing well. All of our teams did very well at the final jamborees. A huge shoutout goes to our boys U130 team who won the city championship winning all of their matches. A team photo will be framed and mounted on the Gallery of Champions just outside the change rooms in the foyer. **The photo will be taken first thing on Monday morning. Be on time and dressed in black shorts and rugby socks. Team jerseys will be handed out prior to the photo. Coach Barlow has planned a pizza party Friday, May 31st at lunch. He will email out details so stay tuned.**

Boys Basketball Development Grade 6-8 - Wednesday mornings - 7:45

This past Wednesday, we had another good showing of players. We had the boys scrimmage limiting the number of dribbles to two to encourage team passing and play and to practice the defense that they learned last week. The boys are a hard working and talented group. The coaches are looking forward to working with them next year.

If your son is interested in playing Monterey basketball next year, please encourage them to come to these sessions. **Please email Lana lud@sd61.bc.ca if you are not currently on our team email list . We will continue to organize exhibition games for the boys who have been coming out to development on a regular basis (TBA).**

Girls Basketball Development at Oak Bay High

If your daughter is going to Oak Bay High next year and is interested in playing on the basketball team, the coaches will be having Open Gym times Tuesdays and Wednesdays from **3:30-5:00** for any girls interested in playing basketball at Oak Bay next year. Coach Griff has asked to bring a reversible jersey if you have one and a water bottle. So far Monterey has only had one player out, but her feedback is that these sessions are valuable! If your daughter can't make it due to other commitments, contact the coach below.

Any questions, please contact Rick Griffin at rgriffin@sd61.bc.ca

Track and Field

Our third track meet is in the books! Way to go STORM! Students who are planning on competing in track meet #4, you need to confirm their participation with their track and field coach. Be sure to organize your own transportation to and from UVIC and be at UVIC by 3:45 for warm up. Check in with Ms. Reksten in the grand stand upon arrival to check in and borrow a Monterey shirt if you need one. Be sure to check out after your event, return your shirt and receive your piece of licorice for a job well done! If you have any questions, please email Mr. Friese lfriese@sd61.bc.ca or the specific coach for your event. GO STORM!

Track and Field Schedule

Note that band/strings/choir practices take priority.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:45	SHOT PUT/DISCUS MIDDLE DISTANCE		MIDDLE DISTANCE		SHOT PUT/DISCUS
12:35 - 1:05	HURDLES	SPRINTS	HURDLES JUMPS	SPRINTS	JUMPS
3:10 - 4:10	JUMPS			JUMPS	Hurdles

LONG JUMP AND TRIPLE JUMP People - come to at least 2 practices per week.

SHOT PUT and DISCUS will happen on Monday or Friday depending on the week. To be determined by Mr. Gybels

Track Meet Dates

Meet #1 - Thurs, May 9th 4 - 6:30 pm approximately - DONE!

800m (all 6 groups - waterfall start)

200m

2000m

Girls Long Jump (grade 6 girls Pit#1; grade 7 girls Pit #2; grade 8 girls Pit #3) - 1 warm up 3 attempts each

Discus- boys only - inside the track (3 attempts)

Shot put-girls only - outside stadium near 100m start (3 attempts)

Meet #2 - Mon, May 13th 4 - 6:30 pm approximately - DONE!

100m

4x100m Relay - This is for practice only, not for qualifying and will run if time permits

Triple Jump - (girls Pit#1; boys Pit #2; pit #3 may also take some athletes)
- 1 warm up 3 attempts each.

Meet #3 - Wed, May 22rd 4 - 6:30 pm approximately - DONE!

Sprint hurdles lanes 3-9

1200m lanes 1-2

400m

Boys Long Jump (grade 6 boys Pit#1; grade 7 boys Pit #2; grade 8 boys Pit #3) - 1 warm up 3 attempts each

Discus- girls only - inside the track (3 attempts)

Shot put-boys only - outside stadium near 100m start (3 attempts)

Meet #4 - Monday, May 27th - 4 - 6 pm approximately

2000m final - check online to see if your child qualified on May 9th

4 x 100m relay qualifying heats

4 x 400m relay - This is for practice only, not for qualifying and will run if time permits

Other Track events as needed to complete - TBA

Meet #5 - Championship Meet - Wed, June 5th 9am - 3:30 pm

Participants will be notified after the coaches' seeding meeting held on Wed, May 29th if they have qualified for the finals. Please note that each school can only have 3 participants in each championship event and final placement of runners will be decided upon at the Seeding Meeting.

You can check results at the link below.

<https://lowerislandschoolsports.ca/middle-schools/winter-sports/volleyball/spring-sports/track-and-field/results/>

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2018-2019 Sports Overview

Below I have included the Seasons of Play off the Lower Island Middle School Sport Association website. Please have a look at the league dates and what sports are offered and if you can help out, please send me an email. We are currently looking for volleyball coaches (see above information). Please consider helping out.

2018-19 LIMSSA SPORT SUMMARY

FALL				
SPORT	START	END	COACHES MEETING	DETAILS
Soccer	Week of Sept 24	Week of Oct 15	Thurs Sept 13	Tourn format for comp and Rec dates: week of Sept 24, Oct 1 and 15
Cross Country	Week of Sept 17	Thursday October 25	Thurs Sept 13	4 races on Wed or Thurs Sept 20, Oct 4, Oct 11, Oct 25 (avoid soccer tourn when possible)
Basketball	Week of Oct. 22	Week ending Dec 7	Wed Oct 3	Competitive div: 6 wks league + playoffs (playoffs week of Dec 3)

				Recreation Div dates: Week of: Nov 5, Nov 19, Nov 26
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No play scheduled Dec 14 - Jan 14 - Schools may arrange own games

WINTER

7/ 8 Comp Volley- ball & 6/7 Comp Triple Ball	Week of Jan 21	Week ending March 8 (comp league playoff s are the last wk)	Thurs Jan 10	Competitive div: 6 wks league + playoffs (playoffs week of Feb 25)
All Rec Div Triple Ball	Jan 28	Week ending Feb 27	Thurs Jan 10	Jamboree format Dates: week of Jan 28, Feb 4, Feb 18

No play scheduled March 18 - March 29 for Spring break & April 19-22 for Easter

SPRING

Badmint on	Week of April 8	Week ending May 10	Tba Week of March 5	Avoid play days already used by Rugby and Field Hockey 5 weeks including 1 championship tournament per grade
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Rugby (boys)	Week of April 8			
Girls Field Hockey	Week of April 8			
Track & Field	Early May	Week ending June 7	Early April	Suggested dates: May 9, May 13, May 22, May 29, Final June 5 or 6

General Game Days for team sports: (Soccer, Basketball, Volleyball)

Monday Grade 8 boys

Tuesday Grade 6/7 girls

Wednesday Grade 8 girls

Thursday Grade 6/7 boys

Note:

-Grade 7/8 Basketball for Boys and Girls maybe Monday or Wednesday or both

-Also some exceptions to the above game days may be made due to holidays