



## **SPRING 2018 FAST TWITCH TUESDAYS**

Date	Time	Skill taught	Timed individual sprint	Races by grade	Field event	Cost
April 17th	5:30-7:00 pm	Acceleration	40-yard dash/10M fly	50m, 100m dash	High Jump	\$10
May 29th	5:30-7:00 pm	Max Velocity	40-yard dash/10M fly	50m, 100m dash	Long Jump	\$10

**Who:** Boys & Girls in Grades Kindergarten-6th

**What:** Two fun nights for kids to learn key sprinting skills, be laser timed in an individual sprint, and compete in two grade level races and a field event. Grapevine HS Track & Field staff will conduct a warm-up and provide instruction on that night's sprint skill so that your child will be able to work on speed at home.

Participants may sign up for one night or both. Speed grows like a tree, so plant early and train often! All activities will target fast-twitch muscle fibers. No cardio or endurance involved!

**When:** April 17th & May 29th. Sessions begin at 5:30, so please arrive 15-20 minutes early to check in.

**Where:** Cross Timbers Middle School (2301 Pool Road). All events will be at the track facility.

**Events:** Timed individual sprint: we will time sprinters in the 40 yard dash via hand-held stopwatch and will also time the final 10 meters of that sprint using GHS Track's Fully-Automated-Timing System (FAT). These are the two best ways to measure a sprinter's top speed. Results will be available by email. We will also track your child's progress over time and celebrate his/her improvements in speed.

Races by grade: each session will feature grade level races in the 50m and 100m dash. Awards will be given to the top placers in each grade at each session.



Field events: high jumps will be done on the Vortec Machine pictured on the left. Long jumps will be done on the CTMS runway. Awards will be given to the top placers in each grade.

**\*\*\*Parents, print & complete this form ahead of time to enjoy the express lane at check-in\*\*\***

Child name: \_\_\_\_\_ Child Gender:     M    F    

Parent name: \_\_\_\_\_ Child Grade:   K  1  2  3  4  5  6  

Parent email: \_\_\_\_\_ Child school: \_\_\_\_\_

I acknowledge that my child is physically able to participate. I release the GCISD and all personnel and coaches associated with the session from liability associated with sickness or injury during session hours.

Parent signature: \_\_\_\_\_ Parent phone: \_\_\_\_\_

Please select your date options below and make all checks payable to Grapevine High School.

April 17th (\$10)  May 29th (\$10)  Both (\$20)

Questions: [bobby.holland@gcisd.net](mailto:bobby.holland@gcisd.net)