



**It's the 50<sup>th</sup> Anniversary of the  
Los Altos School District  
Junior Olympics  
All 4<sup>th</sup>-6<sup>th</sup> graders are invited to participate**



Junior Olympics is a wonderful, spirited tradition in the Los Altos School District. Fourth, fifth and sixth graders from all seven Los Altos schools gather for a day of fun, food and good spirited competition. The day starts with an opening ceremony and Olympic procession. Student athletes proudly parade around the track carrying their school banner, wearing their school t-shirts, and marching to the lively music provided by sixth grade band members. Students compete in track and field events throughout the day. Many parents feel it is one of the most important and memorable activities their child participates in during their elementary school years.

**WHO:** 4<sup>th</sup>- 6<sup>th</sup> graders in Los Altos School District  
**DATE:** Saturday, April 24, 2010  
**LOCATION:** Mountain View High School

The Olympics is the culmination of the P.E. program and features 9 track and field events: 1320 yard distance run, 75 yard dash, 60 yard hurdles, 400 meter relays, basketball free throw, chin ups, long jump, softball throw, and 30 second jump rope. The events are organized by grade and gender. Students choose their own events and may participate in three events plus one relay. Relay teams are selected according to time trials taken during P.E. classes.

Training takes place for six weeks during P.E. classes starting on March 8, 2010. Parent volunteers assist the P.E. Specialists with student training. Relay training takes place outside of school hours. Parent volunteers will receive training.

Parent volunteers are responsible for the Junior Olympics event with help and support from the district P.E. Specialists who work hard to train our athletes and prepare them for the events. This district-wide event is chaired by a committee of representatives from all seven elementary schools. Responsibilities for various aspects of this event such as security, first aid, food, computers and event management rotate among the schools. This event requires hundreds of volunteers to support more than twelve hundred athletes.

Come and be a part of this exciting community event!

*Beth Menden*  
650-964-1967  
[cbmenden@comcast.net](mailto:cbmenden@comcast.net)  
Oak Junior Olympic Co-Chair 2010

*Julie Trammell*  
650-969-6626  
[thetramfam@comcast.net](mailto:thetramfam@comcast.net)  
Oak Junior Olympic Co-Chair 2010