



Press Release

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Lynwood Unified Encourages Healthy Living with Track and Field Program

Lynwood – Lynwood Unified School District students put their athletic abilities to the test with sprints, long jump and shot put at the California State Games track and field competition on July 15 and 16, which was all made possible through the District's newly established track and field program.

Washington Elementary students José Valdez and Alexis Galindo each took sixth in the shot put competition, and Marshall Elementary's Noah Hernandez took fifth in the 400-meter race. Jannin Vilchis (Washington), Daniela Ruvalcaba (Washington) and Juvenal Barajas (Roosevelt Elementary) competed in the 200- and 400-meter races, with Barajas also competing in the long jump.

This is the first year that Lynwood Unified has funded after-school track and field coaches and equipment for all 12 elementary schools, as part of the District's mission to promote healthy, active lifestyles. Before the program's launch, just one elementary school had a track and field club.

"Our students' success at this competition would not have been possible without the District's funding for coaches, entrance fees, school site equipment and student jerseys," said Valdemar Quijada, track and field coach and second-grade teacher at Roosevelt Elementary.

The competitors earned their spots in the California State Games with stellar performances at a qualifier meet in May and at the Southern California Municipal Athletic Federation Championship meet in June.

"This track and field program supports our District's goal of providing every opportunity for our students to explore their passions and talents," Lynwood Unified Superintendent Gudiel R. Crosthwaite said. "We are proud of our students for competing and for their commitment to leading healthy lives."

Quijada trained students at the Lynwood High School track two times a week for two hours. He also instructed them on the importance of healthy eating.

Quijada said the District will work to boost the number of competitors for the 2018 Games.

"This is only the beginning for our track and field program and we look forward to its growth and improvement," Board President Alma Delia-Renteria said. "It will be exciting to see our staff and coaches strengthen the program and to see how our students compete at upcoming track and field meets."

MORE

The **Lynwood Unified School District** is dedicated to offering students a world-class education to prepare them for success in college and career in the 21st century. Under its Achieving Greatness Initiative, the district is realigning all aspects of its organization to strengthen and expand instructional programs, enrichment and extracurricular activities, and support system for students and staff. For more information, visit www.lynwood.k12.ca.us.

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PHOTO CAPTIONS

080417_LUSD_TRACK1: Six Lynwood Unified student athletes competed at the California State Games track and field competition July 15-16 as the District expanded its track and field program to serve all 12 elementary schools.

080417_LUSD_TRACK2: Lynwood Unified student athletes earned spots in July's California State Games with stellar performances at a qualifier meet in May and at the Southern California Municipal Athletic Federation Championship meet in June.

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The mission of **Lynwood Unified School District**, the cultivator of innovative thinkers, is to ensure each student fearlessly achieves his or her highest academic and personal aspirations while contributing to the greater society through a unique system distinguished by:

- ★ People of great character who inspire and lead by example
- ★ The instilling of courage to be creative
- ★ The transformative uses of technology
- ★ Safe and clean environments
- ★ The honoring of all voices of our community