

TRACK INFORMATION SPRING 2022

Hello

This warmer weather today has me dreaming of spring and with spring comes Track and Field season. Our first day of practice will be Monday, March 21st. The coaches are excited for the season to begin as well. We have an experienced coaching staff this year. All have competed in running at the high school and collegiate level. You will have a chance to meet them at our Parent Meeting on Monday, March 7th at 6:30 pm via Zoom. The Zoom link is below.

Coach Ebony Delapaz
Coach Alyssia McElheny
Coach Cameron Carpenter
Coach Conner Pilmore

Athletes Sign up:

We have a number of athletes that have signed up. If your child is interested in signing up, please have them look for Mrs. VanderGalien's email. The email was sent to their school email or have them click on the link below.

<https://forms.gle/PVnqdc4GvH2ffXR7>

Zoom Link:

Please find the Zoom link below for the parent meeting on Monday, March 7th at 6:30 pm.

<https://fhps-net.zoom.us/j/87304025344>

Practice Dates Prior to Spring Break:

March 21st, 22nd, 23rd, 24th, 28th, 29th, and 30th. Practices will run from 3:00 - 4:30 pm. Meet in the EMS Gym for the first day of practice. We will have rainy days. If we can not go outside, practice will be held in the EMS gym.

Paperwork:

All athletes must have a physical on file with EMS signed by the athlete, parent/guardian and a physician.

Pay to participate link is on School Pay and is \$75.