

Girls Track Practice

Coach Fronrath: Girls Coach

If you have questions or can't make it to practice or a Track Meet, please contact me.

Google phone number to reach Coach Fronrath 754-900-8930

Practice: meet @ room 511

Necessary equipment: running shoes, water bottle, shorts and t-shirt.

To make the Girls Track Team you must have the following:

1. Medical Form and Insurance Form and copy of Insurance Card on Aktivite

REMINDERS:

- Arrive at 4:00 pm. and have a ride home at 5:15 pm. (Athlete pickup is in front of school no later than 5:15pm)
- You **MUST** have a minimum of a 2.0 GPA and satisfactory conduct.
- You **MUST** have forms completed on Aktivite
- You **MUST** bring a water bottle.
- You **MUST** come dressed for practice with running shoes.

March Calendar

<u>11</u> <u>Monday</u> Track Tryouts 100 and 200 4-5:15pm	<u>12</u> <u>Tuesday</u> Track Tryouts Mile and half mile 4-5:15pm	<u>13</u> <u>Wednesday</u> Track Tryouts Hurdles and 400 4-5:15pm	<u>14</u> <u>Thursday</u> Track Practice Long Jump/High Jump 4-5:15pm	<u>15</u> <u>Friday</u> <u>No Practice</u>
<u>18</u> <u>Monday</u> Track Practice Shot put and discus 4-5:15pm	<u>19</u> <u>Tuesday</u> Track Practice All Athletes 4-5:15pm	<u>20</u> <u>Wednesday</u> Track Practice All Athletes 4-5:15pm Track Team Announced	<u>30</u> <u>Thursday</u> <u>No Practice</u> <u>Early Release</u>	<u>31</u> <u>Friday</u> <u>No Practice</u> <u>No School</u>

April Calendar

<u>1</u> <u>Monday</u> Track Practice All Athletes 4-5:15pm Coaches Meeting online via Teams 6pm	<u>2</u> <u>Tuesday</u> Track Practice All Athletes 4-5:15pm	<u>3</u> <u>Wednesday</u> Track Practice All Athletes 4-5:15pm	<u>4</u> <u>Thursday</u> Track Practice All Athletes 4-5:15pm	<u>5</u> <u>Friday</u> <u>No Practice</u>
<u>8</u> <u>Monday</u> Track Practice All Athletes 4-5:15pm	<u>9</u> <u>Tuesday</u> Track Practice All Athletes 4-5:15pm	<u>10</u> <u>Wednesday</u> <u>No School</u> <u>No Practice</u>	<u>11</u> <u>Thursday</u> Track Practice All Athletes 4-5:15pm	<u>12</u> <u>Friday</u> <u>No Practice</u>

Track Meets will begin the week of April 8th and Championship Meets TBA

Order of Events:

Field Events Include: High jump, Long Jump, Shot put, discus

100 meter hurdles 100 meters Dash

1,600 meters 4x200 relay 400 meters 800 meters 4x100 relay

200 meters 4x400 relay