

TRACK



WELCOME TO GUARDIAN LUTHERAN TRACK 2011

COACHES:

JILL GRANTHAM	313-515-7182
JOHN ALDERSON	586-718-8145
CRYSTAL ZEOLLA	248-770-3889

PRACTICE WILL BE EVERY DAY AFTER SCHOOL BEGINNING MONDAY, APRIL 4TH FROM 3:15 – 4:30.

PLEASE MAKE SURE THAT YOU HAVE THE FOLLOWING:

1. A COMPLETED PHYSICAL FORM
2. GOOD RUNNING SHOES FOR EACH PRACTICE
3. WEATHER APPROPRIATE CLOTHING
4. BOTTLED WATER

THE THREE SCHEDULED TRACK MEETS AS FOLLOWS:

- SATURDAY, MAY 7TH @ MONROE HIGH SCHOOL
- FRIDAY, MAY 13TH @ LUTHERAN HIGH WESTLAND
- SATURDAY, MAY 21ST @ MONROE HIGH SCHOOL

IN ADDITION, THE STATE MEET IS SATURDAY, JUNE 4TH 2011 AT LUTHERAN HIGH NORTH FOR TEAM MEMBERS THAT QUALIFY.