

Parents Letter

Week 1 – Feb 27th – March 3rd

Hello GFC Boys Track & Field Parents,

I am every excited for the 2023 season, we currently have 71 boys signed up for this year's team, making it our largest team in 8 years. We have a large freshman team and have very high hopes that they will be able to contribute to our team over the next four years.

Week 1 Key Items

- Tuesday, Feb 28th, 6 pm, I will be having a parent's meeting. It will take 30 mins.
 - Central High School, lower gym, enter door 14
- Short Term Online Store – Open from Feb 27th to March 7th.
- Thursday, March 2nd, Practice will be at UND FPAC from 7:30 – 9:30 pm

I will communicate with parents and athletes this year on a couple different platforms:

- **[GroupMe APP](#)** – I will use this APP to post reminders of practice times, departure times for meets, meet schedules, cancelations for meets due to weather, and any other necessary daily announcements (GFC Boys TF)
- **[Knightrunning Webpage](#)**
 - Weekly parent's letters
 - Athletes weekly practice schedule
 - Meet Schedule, Departure times
 - Track Athlete of the Meet, Field Athlete of the Meet, and Sportsmanship Athlete
 - Records, links to online stores
 - Blog – will have action pictures of each meet
- **Instagram – [KnightrunningGFC](#)**
 - Meet highlights
 - Announcements
- Email – coach_allan@hotmail.com or sallan070@mygfschools.org
- Cell phone – emergency – Sean Allan – 218-779-6541

Thank you

Sean Allan

GFC Boys Head Coach Track & Field