

Parents Letter: Week 2 – March 6th – March 11th

Hello GFC Boys Track & Field Parents,

Week 2 Key Items

- Monday, 3:15 Team meeting Room 312
- Throwers practice all week 3:50 pm at Red River High School
- Pole Vault will practice all week 3:45 pm 3rd Floor Central High School
- Monday /Thursday 7:30 – 9:30 pm Sprinters, Distance, Jumpers & Hurdlers practice at UND FPAC
- Tues/Wed/Friday 3:45 pm – 6:00 pm Sprinters, Distance, Jumpers & Hurdlers practice at Central
- Short Term Online Store – Open from Feb 27th to March 10th.

Week 3 – Spring Break

- We will have practice over spring break. If your son is in town, he will be expected to be at practice.
- Throwers – 3:50 pm at Red River
- Sprinters, Distance, Jumpers – Tues, Wed, Fri – 4:00 pm Central
- Sprinters, Distance, Jumpers – Monday, Thursday – 4 pm UND FPAC

I will communicate with parents and athletes this year on a couple of 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