**Parents Letter: Week 3 – March 13th – March 18th**

Hello GFC Boys Track & Field Parents,

We have our first meet this week at Concordia on Saturday. It will be great to have a chance for our boys to get some marks and get our season started. We will continue out to hand out uniforms this week. Your sons are responsible for them and are expected to hand them back in at the end of the year clean and in good condition. The total cost of each uniform set is about $175. If they fail to turn it in or it is damaged you will have to pay replacement fees. The spring break week practice schedule is listed below:

**Week 3 Key Items**

* Reopened Short Term [Online Store](https://gfchstf23.itemorder.com/shop/home/) – Open until midnight March 20th
* We have our first meet this week at Concordia, everyone who has met the requirements will compete at the first meet
	+ 9 Practice days and at practice the day before a meet
	+ Academically eligible and no detention hours

**Monday**

10 am-noon Throwers at RR

4 – 6pm Sprinters, PV, Hurdlers, Distance at UND, FPAC

**Tuesday**

10 am-noon Throwers at RR

4 – 6pm Sprinters, PV, Hurdlers, Distance at Central

**Wednesday**

10 am-noon Throwers at RR

4 – 6pm Sprinters, PV, Hurdlers, Distance at Central

**Thursday**

3:45 pm Mandatory Team meeting at FPAC

4 – 6pm Everyone at UND, FPAC

**Friday**

10 am-noon Throwers at RR

4 – 6pm Sprinters, PV, Hurdlers, Distance at Central

**Saturday**

7:00 am Throwers bus loads

7:15 am Throwers bus leaves for RR

7:15 am Sprinters, Hurdlers, PV, and Distance load bus at GFC, Door 14

7:30 am Bus leaves

10 am Meet Starts

TBA Throwers bus will leave meet after Shot Put is completed and return much earlier

6:30 pm **Approximate** Arrival at GFC

Please send snacks and drinks for your athlete. We will stop at the West Acres food court to eat afterwards, so please send $$

Thank you

Sean Allan

GFC Boys Head Coach Track & Field, 218-779-6541