

Parents Letter: Week 7 – April 10th – April 15th

Hello GFC Boys Track & Field Parents,

I hope you had a great Easter/Extra Spring break weekend!

Coaches will spend this week getting our team back into "Track Mind". Many have missed a week of practice. Minot is looking good to travel to, but they will decide on Thursday to cancel or host it. Hopefully, Cushman will have some lanes open by the end of the week, which may allow us to drive over and work on 4x1, 4x2, and 300 hurdles before Saturdays meet.

Monday

730 pm to 930 pm practice at UND.

Thursday

Hopefully a few lanes are open and we can practice Cushman. I don't know if we will be able to get practice buses yet. I will talk to Leigh, once we know what the weather will be. Otherwise we will need to carpool over. Older athletes will drive younger ones.

Saturday

7:00 am Leave for Minot

- Hopefully we can take everyone, Minot has unlimited entries, with a V and JV division
- Please have athletes pack breakfast, lunch, snacks, and drinks
- We will order pizza's to the bus for dinner, please send \$7 for pizza.
- Another idea is to have a group of parents bring sandwiches and Gatorade to make sure everyone eats lunch. If you are interested please email Betty Allan at bettyaallan@gmail.com
- Best guess we will get back to GFC between 9-10 pm
- We have some athletes who need to take care of detentions that they accumulated from Q3, that they will need to take care of before they are allowed to travel. Please stress to your sons to attend the 7am Detentions on Tues, Wed, and Thursday. Some will have to miss the meet on Saturday and attend detentions instead.

Thank you!!

Sean Allan

218-779-6541