

Parents Letter Week 1 – Feb 26th – March 1st

Hello GFC Boys Track & Field Parents,

I am very excited for the 2024 season, we have a good group of seniors and juniors to be leaders for a very large group of returning sophomores and new freshman. Again, this year 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.

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.com 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
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- **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