

Parents Letter Week 2 – March 4th – 9th

Hello GFC Boys Track & Field Parents,

We had a great first week of practice. We started a series of tests to determine what events everyone is best suited for. We will continue this week with a few more when we are at UND's FPAC for practice.

We will be practicing Monday, Tuesday, and Thursday at UND FPAC from 4 pm till 6pm. The boys will meet at door #14 (gym doors) each of those days at 3:45 pm to make sure everyone has rides to carpool to the FPAC. The throwers will still be practicing at 3:50 pm at Red River.

We will be opening the online store this week (TBA) and the link will be on our website.

Next week will be Central's spring break. We will still have practice during that week. If your son is in town, he will be expected to be at practice. We have our first meet at the end of that week, March 16th at UND FPAC. Athletes will have need to be practicing to compete in that meet.

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)
- **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