

## Parents Letter Week 5 – March 25<sup>th</sup> – 31<sup>st</sup>

Hello GFC Boys Track & Field Parents,

Thank you to everyone that attend the parents meeting last Wednesday, we had a great turn out and it was good to put some faces to athletes' parents.

The parents GroupMe is open now to parents to join. [LINK](#) We also have a google drive for parents to share meet pictures. [LINK](#)

We had a varsity meet on Friday at NDSU, and JV meet Saturday at UND. The boys earned 30 PR's (Personal Records), over those two days. It is great to see them starting to show improvement. Pictures with the PR chain were posted on our **Instagram** – KnightrunningGFC. We practice once with everyone at UND FPAC on Monday, and pole vaulters & jumpers having an extra practice on Tuesday at UND FPAC.

**Thursday March 28<sup>th</sup>, Snowbird invite at NDSU.** We will be leaving Central HS at 10 am. This meet we are limited to the top 4 in field events, 2 relays, and 6 in running. We will try to take as many as possible to this meet. IF your son is unable to attend on Thursday, due to traveling for Easter or Religious, please let me know ASAP so I can fill their spot with another athlete. Please send money for dinner, we will stop at the food court at the mall.

**Easter weekend – Friday, Saturday we will not have practice.** Monday April 1<sup>st</sup>, 3:45 pm at Central, we will have practice for those who can attend.

**Week 6** we will be hosting EDC Indoor on April 6<sup>th</sup> at UND-FPAC

Thank you,

Sean Allan  
GFC Boys Head Coach Track & Field