

DONEGAL TRACK & FIELD

First Day of Practice: Monday, March 8th at 3:30-5:45.

We will have a team meeting at 3:30. Meet in the gym lobby and be dressed and ready for practice.

Parents Meeting: Tuesday, March 9th @ 7:00 at the HS

What you need to do:

1. Make sure you have handed in your re-certification information or get a physical ASAP. It must be handed in on March 4 to be eligible for practice. Late physicals are unacceptable. All athletes must have 2.5 solid weeks of practice in to be eligible for the 1st meet.
2. Make sure you have good running shoes and dress for the weather. If you do not have a jacket/ sweatshirt or pants, you will be sent home and will have to make up the practice.
3. Returning athletes: Look for your spikes and see if they still fit. Secret Sneaker and The Inside Track are 2 places to consider for spikes and sneakers.
4. Musical people: You must attend the 1st three practices, Monday-Wednesday, and will be exempt from practice on Thursday and Friday.

Contact Info: **Coach Phil Koser**
 Cell #: 717-606-5452
 Email: pkoser@donegal.k12.pa.us

Team Info: www.rundonegal.com Click on the Track and Field link.