

# DONEGAL TRACK & FIELD

## MAY NEWSLETTER

**May 7<sup>th</sup>**- Battle for the Bridge at Eastern York HS (Columbia, Donegal, and Annville vs. 3 York County Schools)

**May 10<sup>th</sup>** - Last meet at home and senior recognition

**May 14<sup>th</sup> and 15<sup>th</sup>** – Leagues at Hempfield NOTE: Varsity Letter winners must attend

**May 21<sup>st</sup> and 22<sup>nd</sup>** – Districts

**May 28<sup>th</sup> and 29<sup>th</sup>** - States

### Thank you!

A healthy team requires a lot of support from parents and friends. Thank you to everyone for all of the support you provided by donating fruit, items for the concession stand, volunteering with the concession stand, fundraising, helping with the fundraisers, and all of the other things that go along with an active and healthy team. Your time and efforts are very much appreciated.

### Coaches' Corner

At the end of the season, take some time to reflect. What could you have focused on to improve more? What poor habits did you develop that affected your performance? What good habits positively affected your performance? Did you properly come into the season in shape and fit enough to begin competing?

**Our fundraising efforts were well worth it and successful. Thank you for your help and support!**

**Coming UP: May 8<sup>th</sup> – SONIC Drive-In**

- SONIC will donate 10% of all food sales from 12:00 -7:00 p.m.
- Encourage your classmates to go and eat!!!

### TEAM BANQUET

June 1<sup>st</sup> 6:00 p.m.

- Heritage Hotel, 500 Centerville Road, Lancaster
- Athletes are free and each family member is \$5.00
- Menu will be a buffet of garden salad, rolls and butter, chicken picatta, meatballs, spaghetti, vegetable medley, and green beans almondine. Dessert will be cakes from the Mount Joy CTC.
- Information has been mailed!

### **Donegal Track & Field Booster Club Scholarship**

The Donegal Track & Field Booster Scholarship is open to all high school seniors who intend to continue their education and who have participated in two or more years of varsity track and field at Donegal. For additional details and the application, check out the link under Donegal Track & Field at [rundonegal.com](http://rundonegal.com).

**Best Wishes  
to all of our Seniors!**