

## CLARK GIRLS AND BOYS TRACK 2023

Congratulations! You have taken the first step in becoming part of the Clark track program by coming to the call-out meeting. The Girls and Boys Track practice schedule for the week before spring break is listed below. We are doing 4 days before spring break for conditioning/timing practice week. Then we continue after the break. We are hoping to test various events: What we do in practice will be determined on the weather and if we can go outside or not. Bring clothes for both inside and outside to be safe.

<b><i><u>BOYS AND GIRLS SCHEDULE (week before spring break)</u></i></b>
<b><i><u>March 20<sup>th</sup> 4:00-5:30pm</u></i></b>
<b><i><u>March 21<sup>st</sup> 4:00-5:30pm</u></i></b>
<b><i><u>March 22<sup>nd</sup> 4:00-5:30pm</u></i></b>
<b><i><u>March 23<sup>rd</sup> 4:00-5:30pm</u></i></b>

***PLEASE HAVE RIDES PROMPTLY AT 5:30pm!***

**\*\*\*\*\*You must have the following in order to participate. If you do not have these you will be sent home!**

- 1. You must have a physical on file with the Athletic Director that is dated after APRIL 1<sup>st</sup> 2022.**
- 2. You MUST have completed the online FINAL FORMS registration process: The link and instructions are below. Everything is now online.**

**<https://lakecentral-in.finalforms.com/>**

**\*\*\*CALENDARS AND UNIFORM ORDER FORMS WILL BE HANDED OUT ON TUES. MARCH 21<sup>st</sup>. WE MUST HAVE ORDERS IN BY MARCH 23<sup>rd</sup> SO IT IS IMPORTANT YOU ARE PRESENT THE FIRST WEEK!!**

***Thanks,***

***Coach Gurnak***

***Coach Simmons***