

Good morning to everyone:

REMINDER: THIS SATURDAY's practice:

WHERE: EAST CAMPUS WALL at the gate/entrance to East Campus off MAIN STREET

WHEN: 9:00-10AM

BRING: WATER, an OLD TOWEL

WEAR: LONG, loosely fitting sweatpants, LONG-SLEEVED WARM TOPS, (Hoodies, sweatshirts with a shirt underneath), a toboggan)

REMEMBER: REGISTRATION for Spring-Summer Track and Physicals

WHERE: Southern High School

WHEN: SATURDAY, FEBRUARY 26th, 9AM - 1PM

BRING: Copy of birth certificate

Parent or guardian to sign registration forms

Tuition (\$50) or request scholarship.

Discounts for multiple children in a family

REMEMBER: SPRING PRACTICE BEGINS

WHEN: MONDAY, March 7th, 5:30PM

WHERE: Southern High School Track

WEAR: LONG, loosely fitting sweatpants, LONG-SLEEVED WARM TOPS, (Hoodies, sweatshirts with a shirt underneath), a toboggan)

DO NOT WEAR SHORTS OR SHORT SLEEVED SHIRTS

REGISTRATION: MAY REGISTER ON SITE AT PRACTICE BUT **NO PHYSICALS** WILL BE DONE AFTER SATURDAY, FEBRUARY 26th

COACH DOC