

# TIME TO RUN HORNETS!!!

Hello Parents,

Track season is here and open to all 5<sup>th</sup> - 8<sup>th</sup> graders. This year we will be defending several titles, including Overall Varsity Champions!

Ron Schurr will be our head coach with assistance from Coach Palacios (hurdles and field events), Kendrick Dukes (sprinters and field events), Johnny Biller (sprinters and field events) and Amalia Griego (distance and strength/core training). We have a PAL coaches meeting March 4<sup>th</sup>, at which time we will receive the information we need to pass on to you. That being said, we will have a parents meeting on March 6<sup>th</sup> at 5:30pm at Maidu Park in Roseville, while the kids finish up practice.

Practice will begin **MONDAY, MARCH 5TH, AT MAIDU PARK IN ROSEVILLE** from **4:30-6pm**. We will meet by the batting cages. Please have your kids wear good running shoes, bring water, a towel to stretch on, and a long sleeve shirt or sweatshirt to put on after they run. Please make sure they have had a light snack before practice.

The next two weeks we will be conditioning at Maidu Monday-Thursday from 4:30-6pm. Once time changes, we will begin to practice at Bella Vista track from 5:30-7, with our first practice at Bella Vista on Monday, March 12<sup>th</sup>.

We know that many of the kids play other sports and attendance for track will be addressed at the parents' meeting. We would like as many of the kids to come out as often as they can these next two weeks.

All athletes need to fill out the paperwork and pay the sports fee in the office. If your child has already played another PAL sport this school year they do not need another doctor sign off. If you have questions about the paperwork or fee please talk to the school office.

As of right now, these are the dates for the meets...

April 8 <sup>th</sup>	Practice Meet # 1	Jesuit
April 15 <sup>th</sup>	Practice Meet # 2	Jesuit
April 22 <sup>nd</sup>	Practice Meet # 3	Jesuit
April 29 <sup>th</sup>	JV Championship Meet	Jesuit
May 6 <sup>th</sup>	Varsity Championship	Jesuit

Please contact Amalia Griego [amaliangriego@gmail.com](mailto:amaliangriego@gmail.com) or 916-735-6464 with any questions.