

Track and Field is Good!

Intramural track and field will begin in April. The practices will be held at **North Country High School** from 3:30 until 5:00 each day.

Students will ride a North Country bus from the Junior High to the high school. Student athletes **must** have a ride home from the parking lot by the track **before the end of practice at 5:00.**

Students will be encouraged to try all of the events and be able to work with high school athletes and their coaches as well.

Students will remain at the track at all times and agree to follow rules as outlined at the first practice or they may be asked not to continue participating.

The schedule of practices is below. Practice will be cancelled for poor weather and announced during the school day.

The cost of the program is free. We want student athletes to learn and have fun.

I agree to follow the rules of the program as outlined and parents give permission for their student athlete to participate.

concussion form on file?

student athlete's name

student athlete's signature

_____/_____/_____
date

parent's signature

_____/_____/_____
date



Practice dates (3:30 to 5:00):

2018	M	T	W	TH	F
May		1		3	
		8	H.S.	10	
		15	16	17	
		22	H.S.	24	
		29	30	31	M/R
June		5	6	M/R	

(States)

H.S. meet -- you should come to watch.

M/R = make-up or rain date, if needed.

See you at the track and field!

