

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.

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

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 1st 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 21st. WE MUST HAVE ORDERS IN BY MARCH 23rd SO IT IS IMPORTANT YOU ARE PRESENT THE FIRST WEEK!!**

Thanks,

Coach Gurnak

Coach Simmons