





## WELCOME TO THE RUNNING WARRIORS FAMILY

MARCH 3 (MONDAY)	1 <sup>ST</sup> NIGHT OF PRACTICE
MARCH 5 (WEDNESDAY)	DEADLINE TO TURN IN PHYSICAL FORM
MARCH 6 (THURSDAY)	<b>NO PRACTICE</b> (CANYON HIGH HAS A MEET & OPEN HOUSE)
MARCH 9 (SUNDAY)	SPRING YOUR CLOCKS FORWARD ONE HOUR
MARCH 18 (TUESDAY)	LAP-A-THON
MARCH 29 (SATURDAY)	1 <sup>ST</sup> TRACK MEET: NVTT VS. SCE AT KENNEDY HIGH SCHOOL

 **Athletes must attend a minimum of 2 practices a week. Failure to do so can result in suspension from meet competition.** Note: sickness, homework, vacations, etc. are acceptable excuses.

 **Practice starts at 6:00pm and ends at 7:45pm sharp!** Athletes not picked-up by 7:45pm are subject to an overtime charge.

 **Mandatory Lap-A-Thon Fundraiser** is Tuesday, March 18. Pledge forms will go home the week of March 10. To “opt out,” make check payable to SCVAA for \$30 per child.

### **REMINDERS**

1. **A PARENT OR GUARDIAN OF A GREMLIN ATHLETE IS REQUIRED TO BE IN ATTENDANCE AT ALL PRACTICES AND MEETS.**
2. NO GUM OR FOOD IS ALLOWED ON THE FIELD OR TRACK. WATER IS OKAY.
3. NO NON-ENROLLED CHILDREN ARE ALLOWED ON THE TRACK.
4. APPLY LOTION AND CHAPSTICK TO THE FACE AND HANDS.
5. LABEL ALL CLOTHING WITH CHILD’S NAME SO IT CAN BE RETURNED IF LOST.

### **COME TO PRACTICE PREPARED & READY TO RUN**

1. BRING A WATER BOTTLE NIGHTLY (32 OZ.).
2. DO NOT EAT A HEAVY MEAL AND LIMIT INTAKE OF DAIRY BEFORE PRACTICE.
3. WEAR RUNNING SHOES (NO CROSS TRAINERS & SPIKES ARE NOT ALLOWED AT PRACTICE)
4. WEAR SHORTS AND A PAIR OF SWEATS, SNAP PANTS, OR ZIP LEG PANTS; NO JEANS.
5. WEAR A T-SHIRT AND SWEATSHIRT.

### **NOTES**

- WE HAVE A **NEW EMAIL: SCETRACK@HOTMAIL.COM** – PLEASE MAKE A NOTE OF IT. SEND AN EMAIL TO THIS ACCOUNT TO BE PLACED ON THE DISTRIBUTION LIST FOR OUR NEWSLETTER AND IMPORTANT TEAM NEWS.
- **MERCHANDISE ORDERS** WILL ARRIVE THE FIRST WEEK OF PRACTICE. **STILL NEED SHOES? SEE BARRY AT RUNNING WILDE 251-1207 OR FLO AT RUNNER’S LANE 260-3368.**
- **JELLYBEAN/JOLLY RANCHER DONATIONS** – ONE 10 OZ. BAG (OR LARGER) PER CHILD IS ALL WE ASK



**GET INVOLVED!! VOLUNTEER!!**