



Running with the Cats

This week in Track

3/8/10

Hello and welcome to the 2010 track season,

This week track is off and running (no pun intended)

Monday: Practice 2:50-5:00pm

Tuesday: Practice 2:50-5:00pm

Wednesday: Practice 2:50-5:00pm

Thursday: Practice 2:50-5:00pm / also track uniform distribution 1-4 pm. Thank you to the 8 parents who have volunteered to help Mr. Brodniak.

Friday: Practice 2:50-5:00pm

Saturday: Intersquad meet Glacier Peak High School

http://glacierpeak.sno.wednet.edu/pdf/Driving_Directions.pdf

Start time 11am:

We are still in need of 18 more volunteers to make this a successful and safe meet. This is a great way to earn parent hours.

Please contact Teresa Guy, Meet Director jkguy@wwdb.org

We also need water bottles (4 cases) and granola bars (150). Remember every \$10 of donations counts as 1 service hour. Please contact Cathy Kouchakji at cakouchakji@gmail.com if you can donate. Thank you.

Also do check out Athletic.net on the AMHS website under Athletics/Track

Thank you and have a great week!

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