

Henley Middle School Track

SPRING 2017

*First Day of Practice - Monday, March 13

*Parent Meeting - Wednesday, March 15 @ 5:15; Henley High School Track

<i>Date</i>	<i>Location</i>	<i>Meet Time</i>	<i>Release Time</i>	<i>Depart Time</i>	<i>Return Time</i>
Thu 4/6	Mazama	3:30	2:30	2:45	NA
Thu 4/13	Henley High School	3:30	2:45	NA	NA
Thu 4/20	Lost River	3:30	2:00	2:15	6:45
Thu 4/27	Mazama	3:30	2:30	2:45	NA
Thu 5/4	Henley High School	3:30	2:45	NA	NA
Tue 5/9	Lost River	3:30	2:00	2:15	6:45

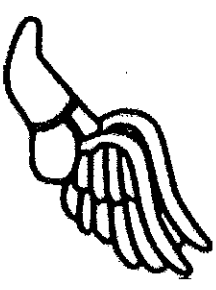
Practices: 3:30-5:30 @ Henley High School

Coaches: Rob Crebbin Shelbe Palmer
 Kristi Lebkowsky Gerald Skelton

Parent Notes:

- * If you are picking your athlete up directly from a meet, you must sign your child out with a coach before leaving.
- * Athletes riding home with someone other than a parent must have a signed parent note. Notes must be given to a coach prior to the meet.
- * We ask that you pick your athlete up promptly after practices and meets.

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Pre-Season: March 1- March 10, 2017

Regular Season: March 13- May 9, 2017

Parent Meeting at Henley High Track: Wednesday, March 15, 2017 @ 5:15pm

Optional Pre-Season Workouts

- * Highly recommended to minimize injuries
- * Must have all forms turned in prior to participation
- * Pick-up at Henley Middle
- * Pre-season practice dates
 - Wed, March 1, 3:30-4:45 pm
 - Thurs, March 2, 3:30-4:45 pm
 - Friday, March 3, 3:30-4:45 pm
 - Monday, March 6, 3:30-4:45 pm
 - Wed, March 8, 3:30-4:45 pm
 - Friday, March 10, 3:30-4:45 pm

Regular Season Practice Schedule

- * Students need to be picked up promptly at the end of practice at the Henley High
- * Week 1 (3/13-3/16): Mon-Thurs 3:30-5:30 pm
- * Week 2 (3/20-3/21): Mon-Tues 3:30-5:30 pm
- * Spring Break
- * Week 3-7 (4/3-5/4):
 - Monday 3:30-5:30
 - Tuesday 3:30-5:30
 - Wednesday 3:30-5
 - Thursday Track Meet
- * Week 8 (5/8-5/9)
 - Monday 3:30-5,
 - Tuesday Track Meet

