

NORTH BOYS TRACK

2009 VITAL INFORMATION

INFORMATIONAL MEETING

There will be a meeting on Wednesday, March 4th at 2:50 pm in the Cafeteria.

There will also be a parent meeting Wednesday March 11th @6:30pm in the North Forum Room.

WHO CAN JOIN?

Any boys grades 9-12

WHAT DO I NEED TO DO TO BE ELIGIBLE?

*Have an up to date doctors physical on file in the Athletic Office(they are good for three years)

*Complete the North High Athletic Forms (they are available at the athletic office). If you have already participated in a sport this year, your forms are already on file.

*Return the above items to the athletic office. You will then receive a green card to give to coach Wallert.

*\$165.00 Participation Fee. (checks can be made out to North High School.

STARTING DATE

Practice begins Monday, March 9th in the Main Gym.

We practice every day from 3:00 – 5:00

EQUIPMENT NEEDED

Running Shoes

T-shirt

Shorts

Proper support undergarments

Sweats for outdoor practices

Lock (Can be purchased in school store)

EQUIPMENT SUPPLIED

Locker

Meet Uniform

Meet Warm-Ups

QUESTIONS – PLEASE CALL

North Athletic Office – 748-6021

Coach Wallert 748-6177