

BLUE KNIGHTS TRACK CLUB

Below you will find basic information about our club including practice times, cost, meet information, and a brief history of the program. We are thrilled that your student wants to participate this year! Please let me know if you have any questions.

Blue Knights Track Club was formed in the 2008-2009 school year to give 6th-8th grade students, at Salem and Trinity, an opportunity to experience the sport of Track and Field. We welcome all young athletes regardless of ability, skill level, or previous experience.

Practice, Meets, Fees, and Miscellaneous Items:

Practices will be on Mondays, Tuesdays, & Thursdays at **Concordia Lutheran High School** from 4:00 to 5:30.

A **fee** of \$150 is to be paid to Blue Knights Track Club, which is due at the 1st practice along with the Blue Knight Registration Form.

Most **meets** are on Tuesday or Thursday evenings with only one meet per week. Occasionally we will compete in a two-day meet, which may involve other days throughout the week.

Our **1st practice** at CLHS is Monday, February 12 from 4:00 - 5:30.

All athletes need a **completed physical** on file, with their school, prior to the 1st practice. Athletes that have participated in other school sports this year should already have this done.

A good pair of **running shoes** is required. Track spikes may be worn, for meets only, but not required. **Uniform jerseys** will be ordered after registration. Athletes will wear PE or dark blue or black shorts for the meets.

Our coaching staff is made up of teachers and coaches from Salem, Trinity, and Concordia. Vicki Fong, vfong@salem4u.com, is the head coach from Salem and will be the main contact if you have any questions or concerns throughout the season.

See you on the Track!
Blessings,
Blue Knights Coaches