

# 7<sup>th</sup> & 8<sup>th</sup> Grade Track Practice starts Monday, February 25, 2019 at Ozark Junior High

- Girls will meet in the main gym and boys will meet in the East gym at 3:10.
- **Practice will last until 5:00 PM, please make arrangements to be picked up then. Please pick up your student at the EAST ENTRANCE to the JH.**
- Come prepared to participate – dress out and wear appropriate shoes.
- Practice will be outdoors even if it is cold. Use layers: coats, sweatshirts, sweatpants, hats, gloves to stay warm.
- You will not be allowed to go indoors during practice. You may bring a water bottle, but be sure to take it back indoors.
- A **current physical, Citizenship Pledge and Drug Consent Form must be on file** in the JH office for 8<sup>th</sup> grade or MS office for 7<sup>th</sup> grade. If you have participated in any other sport this school year the physical for the first sport will work.
- **There will be Friday practices at the beginning of the season. They will last until 5 pm.**
- We will offer t-shirts for purchase. They will be available to ORDER at the parent meeting. We will send a separate note with prices as soon as we receive all of the bids. **These are not required.** We'll let you know prices as soon as we have them. Other family members may also purchase the t-shirts.

**Required parent meeting for this year:  
7<sup>th</sup> and 8<sup>th</sup> grade parents, Tuesday, March 5  
**@ 5:15 pm in the Main gym of the JH****

## **EXTRA PRACTICES**

There will be at least six (6) optional, extra JH track practices before our first meet.

**Your child is required to attend at least one of these practices to be eligible to participate in our first meet.** They may attend any or all of these practices that will be held at the JH track:

Sunday, March 3, 2pm – 3pm, at the JH track

Monday, March 11, 12pm – 1pm, at the JH track

Tuesday, March 12, 12pm – 1pm, at the JH track

Wednesday, March 13, 12pm – 1pm at the JH track

Thursday, March 14, 12pm – 1pm, at the JH track

Sunday, March 17, 2pm – 3pm, at the JH track

For these practices only, please drop-off & pick up your child in the north parking lot behind the bleachers at the JH track. If the weather is bad, we'll be inside the JH.