



Dear Grades 3-8 Parents,

Welcome to another exciting season of **Zion Warrior Track**. We pray the Lord blesses our exercise and competition this year – with lots of fun, teamwork, and hard work.

Here are a few items of note:

1. Warrior Track is open to **all students in grades 3-8**.
2. The HVL Track Meet is scheduled for **Friday, May 19 from 8:45a to 2:00p**.
 - a. Since the HVL Track Meet is on a school day, we encourage (but not require) all 3-8 students to participate.
3. Faculty members will assist the track team at practices. They will help the athletes find what events they do well and help them improve their skills to best prepare them for success at the meet.
4. We are planning to have **practices on Tuesday through Thursday from 3:00p – 4:30p** Weather permitting, we will have our practices outside.
5. Here is a list of the practice dates for the season.
 - a. **First practice: Tuesday, May 2.**
 - b. Wednesday, May 3
 - c. Thursday, May 4

 - d. Tuesday, May 9: NO PRACTICE
 - e. Wednesday, May 10
 - f. Thursday, May 11

 - g. Tuesday, May 16
 - h. Wednesday, May 17
 - i. Thursday, May 18
 - j. FRIDAY, MAY 19: HVL TRACK MEET
6. What the **athletes will need for practices** and track meet:
 - a. Proper shoes for running
 - b. T-shirt and/or sweatshirt (depending on outside weather)
 - c. Shorts and/or sweatpants
 - d. Water bottle

We are looking forward to working with the athletes and families. If you have any other questions, please let us know.

May God bless our season. GO WARRIORS!

Your Servants in Christ,

Mr. Ryan Roth

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