

TRINITY INDOOR/WINTER TRACK
2019

REQUIRED FORMS- Trinity Indoor Track Quick Registration
Emergency Information Form
Physical-Recertification Form

PRACTICES- Tuesdays and Thursdays from 3:30-5:15
Other dates to be announced after Christmas
First practice is Tuesday October 22, 2019
If you cannot attend practice you should contact a coach or ask a team member to tell a coach.
Practices are held outside weather permitting. Often part of the workout will be outdoors and part indoors. If the weather is bad or if the forecast is bad, I will call the school and cancel practice. There will be no workouts if school closes early or if school is closed.
Please bring extra clothes and dress in layers. When we are indoors you can wear shorts; otherwise, long pants/sweats **must** be worn. Gloves/mittens are also required.
You should arrive on time unless there are special circumstances.
Plan to stay for the entire practice. We understand that late arrival and early departure are sometimes necessary.
All Trinity students are welcome to participate (not just for track)
If you wish to participate, please contact Coach O by text or email.
Please include name, class and cell #.

MEETS- We generally do not participate in meets but that is subject to change.
There are no Indoor Track Fundraisers

NOTE-We fully promote and support student participation in various school activities.
We do, however, ask that student-athletes and parents recognize the commitments that are made by coaches to provide this program. Many/most schools have no such program. This is Trinity's 19th year in offering this very worthwhile activity

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