

Practice will be Monday thru Friday after school. Practice will start at 4:15 and end at 6:15 (Please be on time to pick up your child) Students need to be picked up on Alum Street bus stops, not front of school. Practice schedule can be found at Rank One Sport

FIRST DAY OF PRACTICE WILL BE March Monday 2

Have a physical on file or have one done by Feb. 26th . If you need a Physical you may go to Axis Chiropractic with Dr. Muniz 593-2273 Half of the proceeds come back to EMS Athletics

All Rank One Sport papers signed and completed on-line www.rankonesport.com

Practice attire ----- Appropriate pants or shorts for running and long or short sleeve shirt with comfortable shoes. NO CELL PHONES OR IPODS AT PRACTICE PLEASE.

Meet attire -- E.M.S. Track Uniform. (We Provide)

I will be using the *remind app* to relay any information that changes last minute. This is only one way communication. Parents you will not be able to send messages.

Text to number : 81010

On your message type: @raider0320

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